The Shakerite

December 1, 2003 · Volume 74 · Issue 3 · Shaker Heights High School · 15911 Aldersyde Drive · Shaker Heights, Ohio 44120

LAND OF THE FREE

Guest 'riters
patriotism
page 7

'TIS THE SEASON

The time for giving,
shopping and spending
page 8

Shaker's little 'drill sergeant' packs a punch

Courtesy of Steven Garverick

SOPHOMORE SUSAN GARVERICK displays her second-degree black belt form for the judges at a taekwondo tournament in Akron Nov. 1. Garverick got her first degree black belt in 2001 at age 13, when she was in seventh grade.

By Emily Grannis
NEWS EDITOR

As you walk down the hall, you might notice a somewhat small, shy-looking sophomore. Little do you know she could probably knock you flat with a kick to the stomach.

Sophomore Susan Garverick may not look like the stereotypical tough kid, but her six years of karate have prepared her to handle anything. Although she considers her side-kick to be her best move, Garverick doesn't say that it is her favorite thing to do when confronted.

"The best thing I can do is run," Garverick said, laughing.

Garverick, known as Drill Sergeant at her karate school, spends more than 20 hours a week teaching and taking classes at the ATA Black Belt Academy. As a second-degree black belt, Garverick helps teach people of all ages and ranks the techniques required to master karate. She is also the co-head of the Demo team (a group that performs routines together at shows and competitions) and is the head of the Students with Winning Attitudes Team. For the SWAT team, Garverick and other students with colored belts help with classes to earn stars for their own uniforms.

> "I have three half-dinners a day, one before [karate], one during and one after."
>
> Susan Garverick
> sophomore

Out of Bounds

She is often at the academy from 4:30 p.m. to 8:30 p.m. on Tuesdays, Thursdays and Fridays, and nearly all day on Saturdays. This leaves little time for dinner or homework.

"I have three half-dinners a day . . . one before [karate], one during and one after," Garverick said.

On karate days, Garverick gets picked up from school at 3:15, stops at home to grab a thermos of hot soup, and jumps in the car to go to the academy. On the way, as she scarfs down the burning soup and a Reese's, she says that Tuesdays are early nights.

"I'll be helping with a class from 4:30 p.m. till 5 p.m., [then] I'll be helping with other classes from 5 to 7:30 and

SEE **KARATE**, PAGE 15

TV, film help viewers cope with loss, anxiety

By Anna Hutt
COPY EDITOR

When the ABC TV show "Eight Simple Rules for Dating My Teenage Daughter" was faced with the recent death of actor John Ritter, the directors responded by scripting the tragedy into the sitcom's storyline. Instead of having Ritter's character move away or separate from the family, they incorporated his death as part of the program, perhaps hoping that viewers would cope with his death more easily if they faced it honestly.

Making a tragedy into entertainment may not be as tasteless as it sounds, though. History shows that often in the past, television and entertainment have molded to accommodate tragedy and even help viewers cope with grief.

"The classic example is the 1930s," social studies teacher Andrew Glasier said. "A lot of the films were escapist films, such as 'Gone With the Wind.' Even though it brought up controversial issues, the grandeur was a way of taking people away."

Glasier has done extensive research about film through history and plans to teach a new American Film Studies course next year.

> "TV has changed the way that society copes."
>
> Sally Hagstrand
> psychology teacher

SEE **TRAGEDY**, PAGE 12

Dude, where's the bus?

• Students stranded on Spanish field trip

By Allen Eckhouse
STAFF REPORTER

If seven Spanish classes are on a field trip and 23 students are left behind, how many trips do three buses and a school van need to take to Coventry in order to correct the mistake? The answer, of course, is controversial.

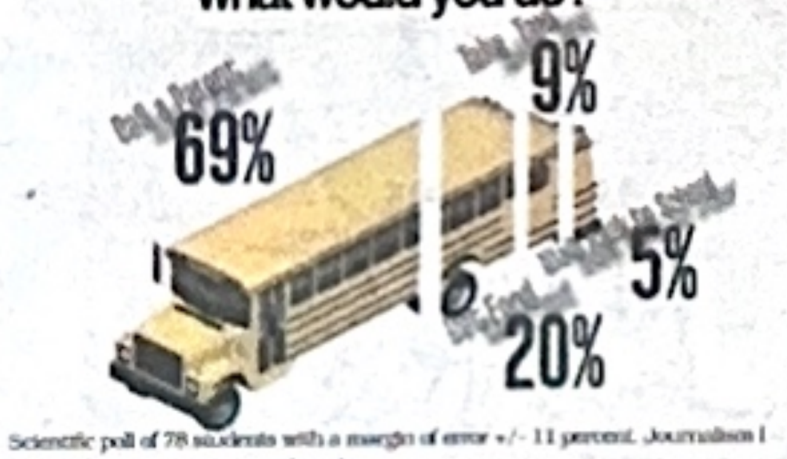
On Oct. 23, Spanish students from José Perez's and Les Foote's classes went on a field trip to the Cleveland Institute of Art to see the movie "Los Olvidados." The classes then went to Coventry for lunch, where 23 students were left when the buses returned to the high school.

Sophomore Drew Schultz, one of the forgotten students, said that all of the students were dropped off at Coventry, in front of BD's Mongolian Barbecue. Schultz went to the Winking Lizard to order chicken fingers.

"I thought that the bus was going to be at the same place where we were dropped off," Schultz said.

He was waiting at the drop-off spot while the buses were actually around the corner, near the Centrum movie theater. Schultz was especially nervous about missing the bus because he had a Jazz Ensemble audition after school that day. He blamed the bus drivers for the miscommunication.

If you were left behind on a field trip, what would you do?



Scientific poll of 78 students with a margin of error +/- 11 percent. Journalism I and Shakerite classes phoned students.

SEE **STRANDED**, PAGE 5

Girls
just
wanna
be
MEAN

Photo illustration by Jon Stange • THE SHAKERITE

• Adolescent girls' aggression flies under the radar

By Kelly Schaefer
PULSE EDITOR

In a culture where the "perfect" girl is the very definition of nice: forgiving, friendly and never upset or angry, some female relationships are becoming the antithesis of nice: cruel, hurtful and dangerous to the emotional health of those involved.

Administrators easily spot physical fights among boys, but relational contentions among girls occur under the radar, leaving discussion of female aggression largely in the dark. Mean looks, "accidental" physical contact and the silent treatment are much more difficult to diagnose when teachers believe that two girls are friends.

A group of freshmen girls were victimized in this way on the Internet while in eighth grade. Amanda Baringer was frustrated with the attention drawn to her group of friends after other girls posted messages on a website singling each girl out and making fun of her appearance and attitudes. Baringer said that copies of the website were handed out at school and at least one person posted the website in his locker.

"People were saying false things about us, and it made me really mad. It just made me realize how people can just judge you and people can bring you down that easily,

NEWS • **Internet harassment challenges policy • page 4**

SEE **GIRLS**, PAGE 10

On the Record

On Nov. 17, Charlotte Benkner of North Lima, Ohio, turned 114 years old, making her the oldest living person in the world, according to Guinness World Records. Born in Germany in 1889, Benkner has seen 22 U.S. presidents take office. In honor of Benkner, The Shakerite searched Guinness for other age milestones.

Hilda Hand of Yorkshire, England owned a goldfish named Tish for 43 years. Hand won the fish at a fair in 1956, and it died in 1999.

Lloyd Olson of Colorado cut off the head of one of his chickens and then kept the chicken alive for 18 months, the world record for the longest living headless chicken.

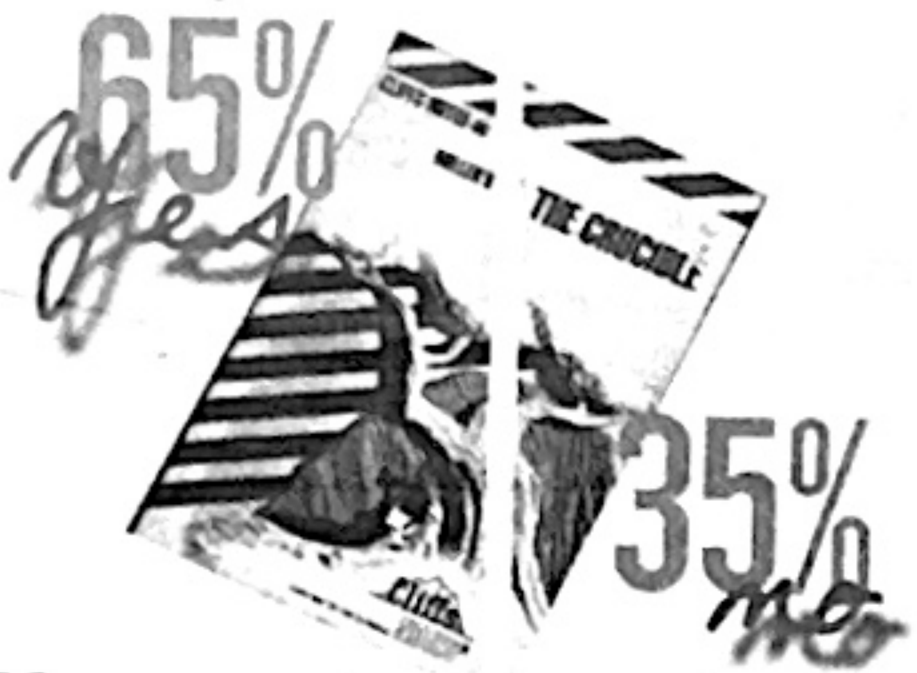
A Madagascan tortoise named Tui Malila was given to the Tongan royal family by Captain James Cook in 1777. The tortoise lived to be 188 years old.

THE SHAKERITE on

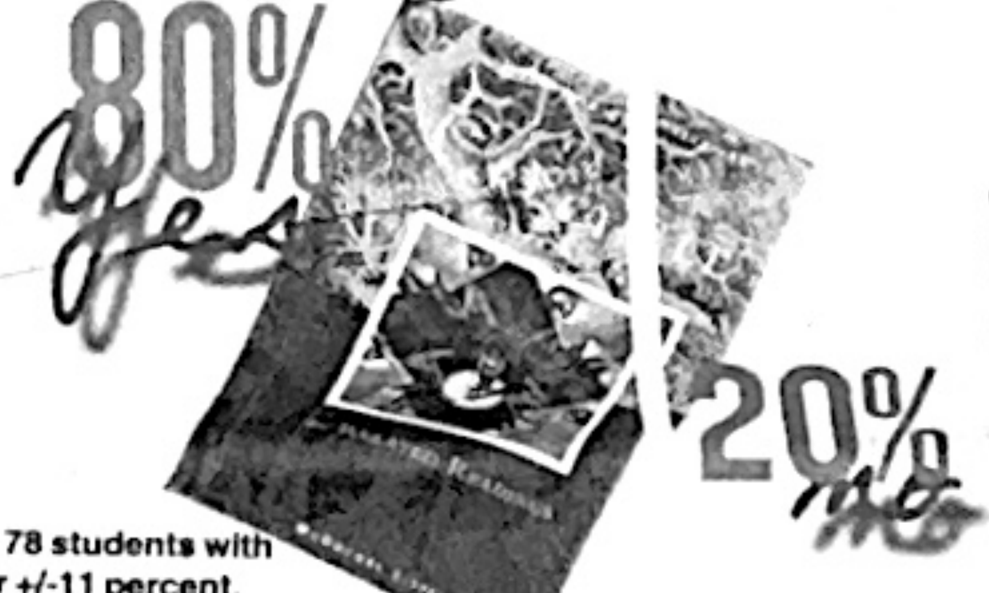
EXTRA READING [OR CHEATING]

Warning: there are no Cliffs Notes for this page

Do you use Cliffs Notes to study?



If yes, do you also do the required reading?



Scientific poll of 78 students with margin of error +/-11 percent. Journalism I and Shakerite classes telephoned students.

- Cliff Hillegass is the Cliff in Cliffs Notes.
- Hillegass launched Cliffs Notes, starting with a line of 16 Shakespearean titles, in August 1958.
- Today, Cliffs Notes offers 287 literature titles ranging from "Absalom, Absalom!" to "Yellow Raft in Blue Water."
- The company also operates a website and publishes "Quick Reviews" for subjects ranging from biology to U.S. history and test prep books for many standardized tests, including the SAT.
- In 2000, Cliffs Notes began to offer Complete Cliffs. These books provide the complete text, with sidebars that define vocabulary, supply historical background and illustrate the text.

CliffsNotes
Golding's
The Lord
of ...

Compiled by Jason Plautz

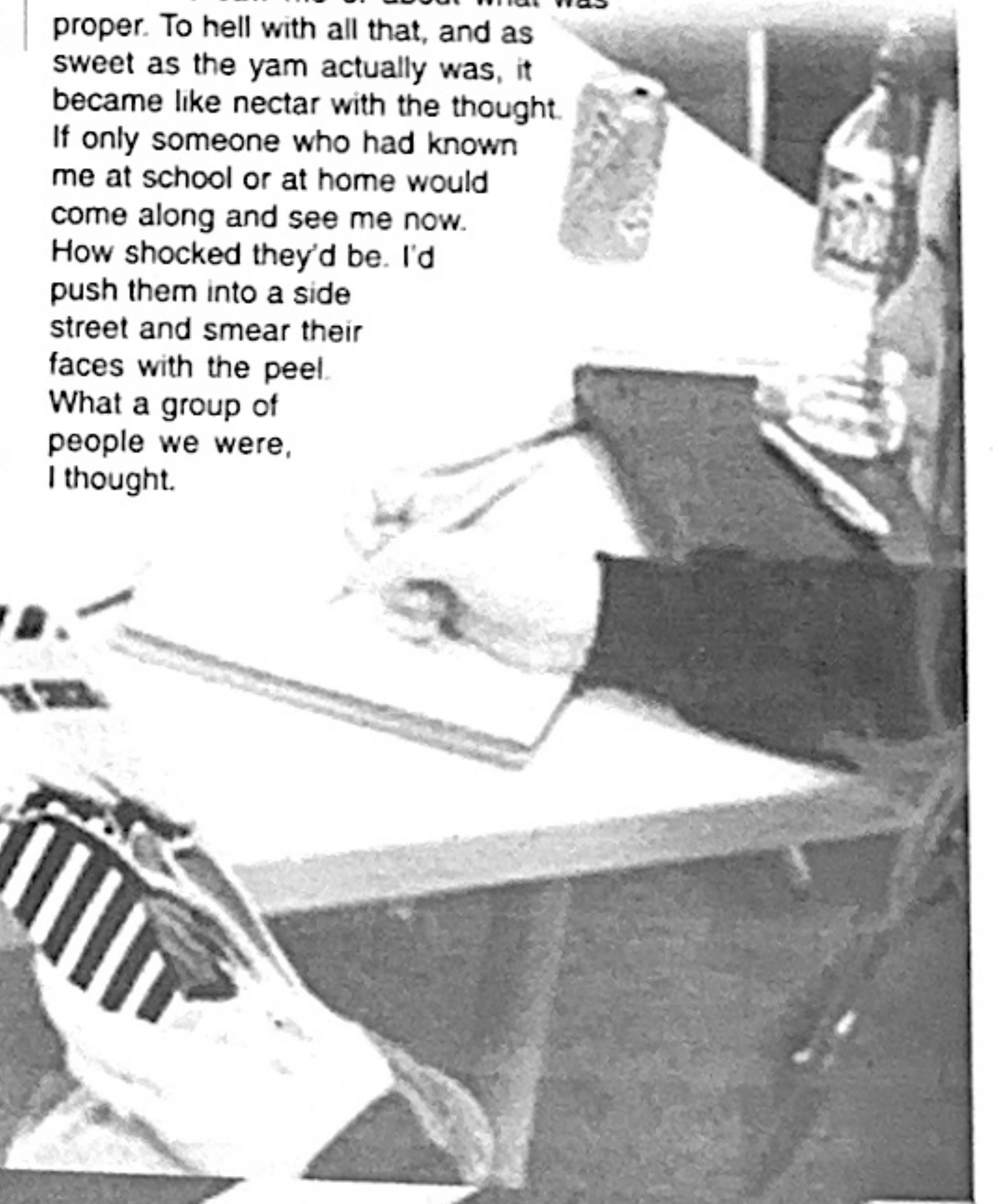
• What you're missing if you only read Cliffs Notes

What Cliff says about "Invisible Man"

Encountering the push-cart of a yam vendor, he comes to realize that he is no longer ashamed of any Negro who gorges on yams. Eating the first yam causes a great sense of homesickness, but more important, he is suddenly aware of the new sense of freedom gained by following his own inclinations and his refusal to worry about outward appearances.

What author Ralph Ellison wrote in "Invisible Man"

I took a bite, finding it as sweet as hot as any I'd ever had, and was overcome with such a surge of homesickness that I turned away to keep my control. I walked along, munching the yam, just as suddenly overcome by an intense feeling of freedom- simply because I was eating while walking along the street. It was exhilirating. I no longer had to worry about who saw me or about what was proper. To hell with all that, and as sweet as the yam actually was, it became like nectar with the thought. If only someone who had known me at school or at home would come along and see me now. How shocked they'd be. I'd push them into a side street and smear their faces with the peel. What a group of people we were, I thought.



Cliffs Notes fail teachers' test

Maddie Weinland
STAFF REPORTER

They can be the friends who help you pass the test even though your teacher tries to separate you because she suspects you're cheating.

Although English teachers everywhere warn their charges not to rely on Cliffs Notes, students still believe the gold-and-black-covered handbooks can save them from disaster.

English teacher Christopher Cotton thinks Cliffs Notes are only acceptable when used as a supplement to the text.

"If students only read Cliffs Notes, they're missing out on the reading. Also, they're probably going to fail," Cotton said.

Students can read Cliffs Notes in a fraction of the time it takes to read chapters in a novel, but they may pay a price. Some instructors are wise to the scheme.

"I use the Cliffs Notes to see what not put into the tests," English teacher Chuck Kelly said.

"It's a shame if kids only want to use Cliffs Notes, because they miss out on the real language of the book, which is what a teacher wants the student to see," said Joan Moody, the associate director of Laurel School's lower school.

"I often feel bad selling Cliffs Notes," said David Pecot of the Beachwood Borders, who added that "The Scarlet Letter" and "The Odyssey" are best-sellers in the Cliffs Notes section.

Don't think you'll buy them without at least some scorn, however. Pecot said Borders stocks the short-cuts to great literature so that they're hard to find and people often have to ask for them.

Shaker SPEAKS Who is Cliff in Cliffs Notes?

Sarah Juengst, 12
"Clifford the Big Red Dog, obviously."

Chris Cuttingham, 9
"Wyclef Jean."

Nafateria Walker, 12
"Just somebody named Cliff."

Emily Bostwick, 11
"The guy climbing rocks on the Clif Bar wrapper."

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CORRECTIONS AND CLARIFICATIONS

- In the Oct. 30 issue of The Shakerite, Art Editor Amy Silver was not credited for her drawing in Centerpiece.
- In the Oct. 30 issue of The Shakerite, Staff Reporter Laura Bartholomae's name was misspelled.
- In the Oct. 30 issue of The Shakerite, a photo of the Oct. 22 Gay/Straight Alliance bake sale portrayed both GSA members and unaffiliated student customers.

The Shakerite regrets the errors.

Nude photo shoot set for Cleveland

In January 2004, artistic photographer Spencer Tunick will be in Cleveland to continue his quest to photograph nudes on all seven continents. Tunick has already worked in Montreal, Canada; Sao Paulo, Brazil; Brooklyn, New York and Melbourne, Australia. Tunick's portraits depict people posing in public places, such as parking lots and city streets.

On his website's mission statement, Tunick acknowledges that most people consider him a "criminal" rather than "artist" or "explorer." "The controversy lies in the fact that I am using the city as my landscape," Tunick writes. Models for the Cleveland shoot must be at least 18 years old and will receive a print of the work as payment. Sign up to pose at www.spencertunick.com

Students want BOE focus on achievement

BY LAUREN WEISS
COPY EDITOR

As in any political campaign, this year's school board candidates made many promises to voters. Shaker residents will now see if the new board members live up to their expectations.

Returning school board member Freda Levenson wants "to decrease and eventually eliminate the achievement gap" and new member Mary Johnson hopes "the city and schools can work together on recreation" during her tenure on the board.

"The achievement gap is a big issue," senior Ashley Simpson said. "[It will be] a little hard. You have to get programs to help the different races study differently, which will cost money."

Simpson

Levenson and Johnson, who were elected to the board Nov. 4, expressed an interest in spending their first days in office learning to work with each other and completing unfinished business. Johnson added that she would be able to spend a lot of time working on board business because she is a "non-working professional." She hopes to continue the board's visible presence in the community.

Mulligan

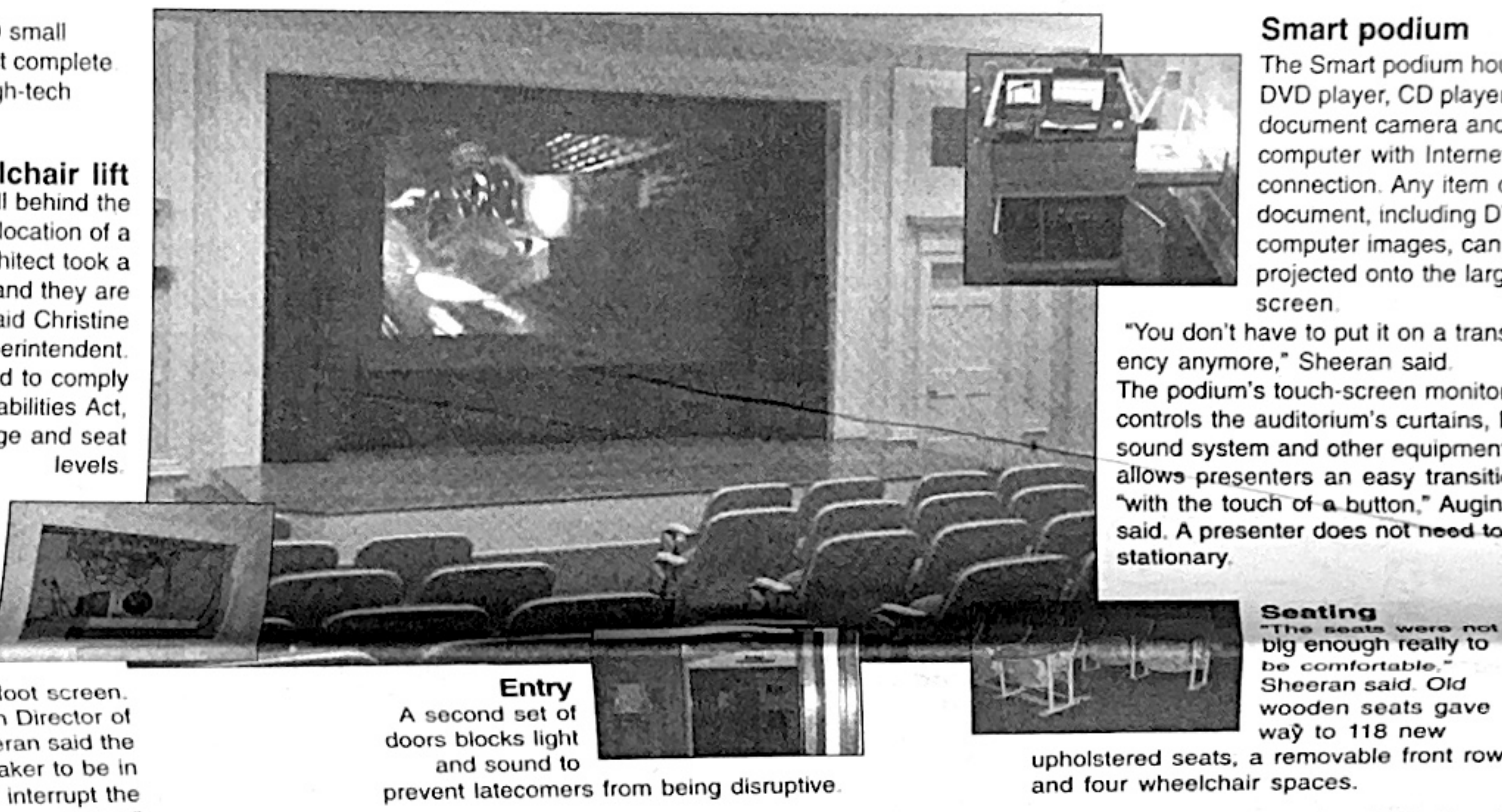
Senior Andrea Kutik wants the members to display creativity when it comes to the district's finances, while senior John Mulligan believes the school board should work toward bridging the gap between academic levels.

"One of the worst aspects of Shaker is the big difference between CP and Honors or AP classes," Mulligan said. Mulligan also felt that students should pay attention to the board's activities.

"Students should have a good idea about what the faculty and the school board are doing in the future," he said. "That way, if students disagree, they can write or call the board members."

Small auditorium gets multimedia makeover

The privately funded $400,000 small auditorium renovation is almost complete. Here's a sneak peek at the high-tech improvements.



Wheelchair lift

The removal of part of the wall behind the auditorium prompted the relocation of a student mural. "The architect took a detailed picture of it, and they are recreating it down the hall," said Christine Auginas, assistant to the superintendent. The new wheelchair lift, added to comply with the Americans With Disabilities Act, allows entrance to the stage and seat levels.

Smart podium

The Smart podium houses a DVD player, CD player, a document camera and computer with Internet connection. Any item or document, including DVD and computer images, can be projected onto the large screen.

"You don't have to put it on a transparency anymore," Sheeran said. The podium's touch-screen monitor controls the auditorium's curtains, lights, sound system and other equipment and allows presenters an easy transition "with the touch of a button," Auginas said. A presenter does not need to be stationary.

Rear projector

The rear projector at the back of the stage casts an image onto the 14-by-8 foot screen. Shaker Schools Foundation Director of Development Arlene Sheeran said the rear projection "allows a speaker to be in front of the screen and not interrupt the visual presentation."

Entry

A second set of doors blocks light and sound to prevent latecomers from being disruptive.

Seating

"The seats were not big enough really to be comfortable," Sheeran said. Old wooden seats gave way to 118 new upholstered seats, a removable front row and four wheelchair spaces.

Compiled by Becca Bonthius

Mentor athletes pay-to-play, March levy on the way

BY BETTY ELEE
NEWS EDITOR

Sitting on the sidelines is boring for a third- or fourth-string football player. Now imagine having to pay $200 to be on the bench every Saturday night. Mentor student-athletes will have to make this choice, among others, in future seasons.

The implementation of a pay-to-play program is one way Mentor is compensating for a $16.1 million deficit in the Mentor City School District's budget.

Shaker student Brendan McDonald, who plays second-string varsity football, feels this option is viable, but he acknowledges some kids probably will opt to not play at all if they hardly ever have game time.

"I think if the kid knew he wasn't going to play, he wouldn't pay to just sit on the bench," McDonald said.

The Mentor budget crisis affects classrooms, too. Mentor school personnel, including tenured teachers, face layoffs. English teacher Dr. Yvonne Allen came to Shaker two years ago after teaching for 19 years at Mentor. She is dismayed about the district's financial woes.

"Normally, when a district approves teacher contracts where teachers will receive raises over three years, the district must be stable," Allen said. "People at Mentor may possibly be facing demotions."

Allen knows of at least one colleague who has been demoted from assistant principal to unit principal. Unit principals handle individual grade levels and interact with the counselors about students' welfare, while assistant principals deal with curriculum and instruction policies for the entire school. According to Allen, 80 to 85 percent of school budgets are devoted to staff salary and benefits.

"Districts can save $20,000 to 30,000 per teacher by eliminating staff members with more longevity," Allen said. The choice is between ability and salary; retaining a fourth-year teacher costs less, but an 18-year veteran, although paid more, has the benefit of experience.

"You can't spend what you don't have," she said.

Kristen Hansen, a ninth grader at Mentor's Memorial Junior High, appreciates staff members' efforts to be open about what the school board is doing to remedy the situation. Hansen worries about the kinds of cuts the State Department of Education would mandate if Mentor were to reach a point of fiscal emergency.

"I really wouldn't cut back on anything - I don't know what I would do," she said. Also, Hansen's homeroom adviser sent out postcards alerting parents to vote Nov. 4 for Issue 2, a $5 million-a-year levy, to pay back a loan Mentor obtained to meet last year's expenses. Although voters approved that levy, the system's debt still forced the dismissal of about 30 employees.

Under the pay-to-participate program, Mentor High School athletes must pay extra money to compete if the district's budget (obtained through property taxes and levies) doesn't cover the cost. Athletes will have to pay from $100 to $200, depending on the season, before the first competition for every sport. This will force Mentor student athletes and parents to make difficult decisions.

Shaker business teacher Larry Gold lives in Mentor, and his daughter, Shelby, is a cheerleader at Mentor's Shore Junior High. She intends to continue the sport. Gold feels the pay-to-play was necessary but he foresees other negative consequences.

"The marginal player, the third, or fourth-string player that goes out and practices but doesn't play won't be there," Gold said. "I don't really want to pay, but . . . people waste more than that on lottery tickets. If I pay, I know she's playing."

Mentor English teacher Mark Rotar, who advises the school's debate team, is trying to keep up with the developing story. He knows tenured teachers can be let go under emergency circumstances, and is aware that while history, math and science are required courses, many extracurricular activities, such as choir, theater and sports aren't required.

"I've been teaching over 20 years, 14 years at Mentor, and have a master's plus [in education]," Rotar said. "If you're low on the totem pole, you [can] get bopped. It's nothing you do wrong."

Chris Swift, who practices public law for the law firm Baker and Hostetler, feels Mentor schools can't avoid state intervention for long under conditions of fiscal emergency.

"The state of Ohio will come in and make difficult decisions, since it has an obligation to keep the schools going," Swift said. "I can't imagine Mentor will be in it for very long . . . they can tax their way out of the problem."

Mentor school district voters face another multi-million-dollar levy in March. The March levy is to compliment the levy passed in November. Hanson thinks that breaking the levy total into two votes was a good strategy. "When things like this happen, rumors are flying around," Hansen said. "I think they had a good idea by making two of them."

Shaker Heights Teachers' Ass
SHTA
Professionals Dedica
Educating Shake

the News Desk

Teachers' cars spray-painted

Four cars were vandalized with a water-based spray paint between 5 p.m. and 8 p.m. on Oct. 28 on school grounds. The vehicles belonged to a security guard, an assistant principal, a student and a teacher. As of press time, the vandals hadn't been apprehended.

"We thought we had the person, but it didn't pan out," Ferrell said. He noted that the cars were spread out in the South gym parking lot, the front of the building and in the east parking lot.

Criminology teacher Bud Longo explained the perpetrator might be paying back the owner of the vandalized property, *acting under peer pressure or just looking for an adventure.*

- Laura Habat

Gilmour students memorialize sophomore classmate

Gilmour Academy mourned the death of sophomore golf player Daniel Shumay, who committed suicide on Oct. 22. Students reflected for two days by creating memorials of signs and flowers. The Catholic school held a service for Shumay that the staff and students attended. School personnel tried to comfort the students.

"The staff talked to us to make sure we weren't too depressed," classmate Taylor Jackson said.

Senior Mike Steiner, who recently transferred to Gilmour from Shaker, expressed his condolences.

"I didn't know him as well as the underclassmen knew him," he said. "My friends and I took the time to make his friends feel as comfortable as possible."

-Dave O'Connell

Multitasking Griffith meets daily challenge

BY EMILY GRANNIS
NEWS EDITOR

Ask Principal Michael Griffith when a good opportunity to document a normal day would be, and he and his secretary Janell Chelune will set you straight.

"There is no such thing," they say in unison.

Although he tries to maintain a regular schedule, this is almost impossible. Now in his fourth year as Shaker principal, Griffith and Chelune talk for less than a minute before one of them is called away. In Chelune's absence, Griffith works. By the time she returns, she must wait for him to finish his task before reviewing the day's schedule.

"[Chelune] keeps me on time," Griffith said, laughing. "She handles my calendar and just about everything else in my life."

It's half way through first period Nov. 3 before Griffith can start his morning tour of the halls. "The building's asleep still," he whispered, adding that he enjoys the morning walk because it's quiet.

Griffith multitasks as he walks to solve students' and teachers' problems. "I'm on overload," Griffith said. "There's so much. Within 15 steps five people could stop you."

After his walk, Griffith then returns to the "boring" part of his job: office work.

Today, his first task is to select teachers for a workshop on the Small Auditorium's new technology. After deciding on the department chairpersons, he chooses several other teachers from departments he thinks will use the room frequently, such as art.

That task will be the shortest of the day. For rest of the day, he focuses on four issues: pay phones, trespassers, fencing and funding proposals.

"You can go from how many pieces of chicken you need to a student whose house just burned down," he said after Academic Advisor Mary Lynn McGovern stopped by to discuss the order for conference day's faculty lunch.

> "It's amazing that I can walk down the hallways or at a game or whatever, and I can tell if a student is not a Shaker student."
>
> Michael Griffith
> Principal

Dan Snider • THE SHAKERITE

PRINCIPAL MICHAEL GRIFFITH chats with cafeteria worker Ranee Mezzacappa. Griffith tries to check into the cafeteria every day.

Pay phones became an issue when a parent called and complained that her daughter came home saying she needs a cell phone now because the school no longer has pay phones. The decision to remove the disruptive pay phones from the stairwell near the large auditorium was made by Griffith in late September. The administration has only received a few complaints.

Griffith is careful to discuss issues with all staff members who could be affected by his decision. He consults Assistant Principal Frank Wessinger and Head Custodian Tim Bates about where they might reinstall a pay phone. They are considering three locations, but this problem was not resolved as of press time.

Next, Griffith deals with a problem that occurred over the weekend, when security caught four teenagers trespassing at the school. One of the kids attends North Coast School, and his mother called Griffith in the morning to discuss the charges filed against her son.

Griffith talks to Victor Ferrell, head of security, so that he can get the details, call the parent back and defend the district's decision to press charges for trespassing.

"It's amazing that I can walk down hallways or at a game or whatever, and I can tell if a student is not a Shaker student," Griffith said, agreeing with Ferrell that instinct generally tells them who belongs and who doesn't. "Just something about their look is not our kids."

After a five-minute lunch that Chelune buys and makes him eat, Griffith rushes off to discuss fencing club with the athletic directors.

The club wants to become a varsity sport, but Ohio High School Athletic Association guidelines would restrict practice times and coaches. Griffith returns to the idea that it would be better for the athletes to remain a club and run the program as they liked instead. He also finds some dates the team could host competitions without conflicting with other varsity sports events. They made no final decisions on the group's status.

Griffith walks the halls once more right after sixth period starts. As we pass groups of noisy students in the halls, Griffith asks me, "You remember when we walked first period? How quiet it was?"

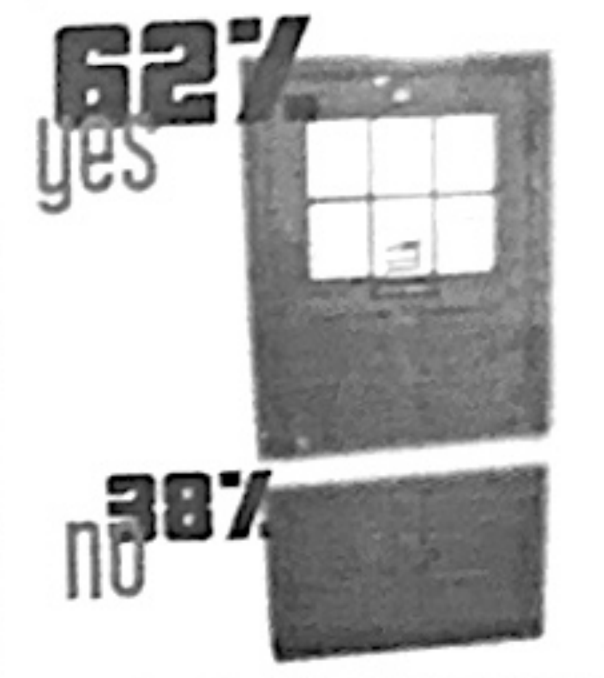
Griffith's next major project to consider is a funding proposal from Bridges Global Studies teacher Jed Wolpaw, who wants to get a computer program that would allow teachers to do interactive lessons like polls. Students would be able to vote and see results instantly.

The meeting was quick because Griffith saw potential in the program. Each year Griffith recommends about 80 percent of proposals for funding. Once they decided on an amount of money to request, Griffith went to a staffing for an Individualized Education Plan during 10th period.

Chelune said that the day was relatively quiet, especially for a Monday. She estimated that Griffith has five or six meetings per day in the fall. Despite the hectic schedule, Chelune enjoys her job and working with Griffith.

"Isn't he wonderful?" she asked. "I love working with him. I feel like I'm the luckiest person in the building."

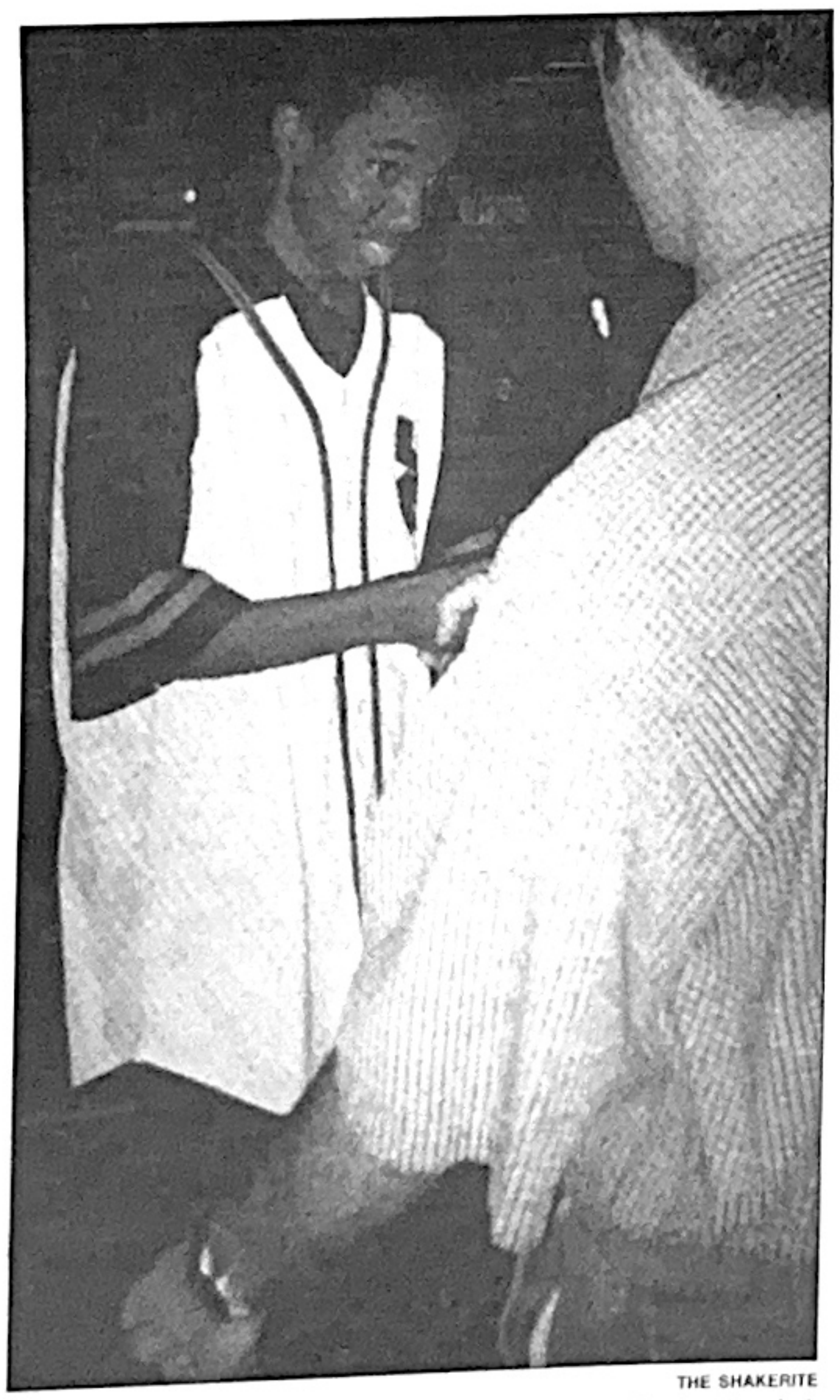
Do you think student opinion matters to the administration?



Scientific poll of 78 students with a margin of error +/- 11 percent. Journalism 1 and Shakerite classes telephoned students.

Bridges awards ceremony 'off the hizzle fo' shizzle'

• Trophies, entertainment and enthusiasm reward students' effort and spirit



THE SHAKERITE

BRIDGES STUDENT BILLY Owens shakes social studies teacher Jed Wolpaw's hand at the Nov. 13 Bridges awards assembly. The team honored students' improvements during the first quarter.

BY ANNA HUTT
COPY EDITOR

"How you guys doing?" Global Studies teacher Jed Wolpaw screamed into the microphone tenth period Nov. 13.

"PSYCHED!" was the thundering response from the 80-student audience.

"Carpe diem!" Wolpaw yelled back.

"SEIZE THE DAY!" they responded automatically.

"Seize the day!" Wolpaw repeated.

"CARPE DIEM!" came the deafening reply.

Grinning, Wolpaw announced the beginning of the first Bridges Awards Assembly of the year.

Bridges, an alternative academic track for freshmen whose standardized test scores fit a certain profile, attempts to ease ninth graders into the faster-paced academics of high school.

Each of the two Bridges teams brings together approximately 80 students with four core teachers for English, math, science and social studies.

"Bridges is for kids with potential who perhaps have underachieved in middle school. It's a bridge from the middle school to the high school," said Wolpaw, the social studies teacher for Bridges Team B.

The awards assembly honored groups of students with the highest GPAs, the most improved GPAs, the highest grades in certain subjects and the best overall spirit. Team A met during ninth period and Team B during tenth. Both events were held in the cafeteria.

"When I went in there, I didn't think I was going to win anything," Bridges student Derrick Turner said. Turner hauled in a GPA improvement award as well as a spirit award. "I guess it's because every day when I come to school, even if it's a bad day, I have a smile on my face," he said.

Before the actual awards ceremony began, freshman Amanda Austin performed the "Star Spangled Banner."

Then, after a brief announcement, Wolpaw invited up student Davon Jarba to "give me a beat," and proceeded to entertain the students with a 24-line rap he'd composed.

"From Mr. Cox, Mr. Cotton, Mrs. Young and me,
You get our pride and admiration; that's great, can't you see?
It may seem like not much; it may seem just a little
But listen close: it's off the hizzle fo' shizzle . . ."

The students erupted in laughter with each verse, and by the time Wolpaw finished his rap, the entire cafeteria was buzzing with excitement.

Other acts filled out the rest of the assembly; Denise Polk did a hip-hop dance and Austin concluded with a performance of "Thank You" by Ashanti.

The four Team B Bridges teachers approached the podium one by one to announce the winners of different honors.

Each group of freshmen received a certificate or trophy, depending on the award, and had a picture taken at the front of the room.

"You have set a mark; you have set an example that everyone in this room will look up to as we move into the next quarter," Wolpaw said. "It is from here through the end of the semester for you to show us what we know you are capable of."

Science teacher Travis Cox emphasized that those who were not honored still had incredible potential.

"We all wanna be up here by the end of the year," Cox said.

The encouragement was the extra boost that some students needed in order to aim higher next quarter.

"A couple of my friends who didn't get awards want to try harder now," said Edward Skinner, who won the highest CP Algebra grade award and received recognition for his high GPA overall.

Grayson Henry, who won a trophy for improving his GPA, said some of his friends were excited for him as well.

"They were just kinda happy and gave me high fives," Henry said. "They were just like, 'I should win that next time.'"

Though Wolpaw said the top goal of the assembly was to recognize those who had already excelled, English teacher Christopher Cotton stressed the importance of the improvement awards.

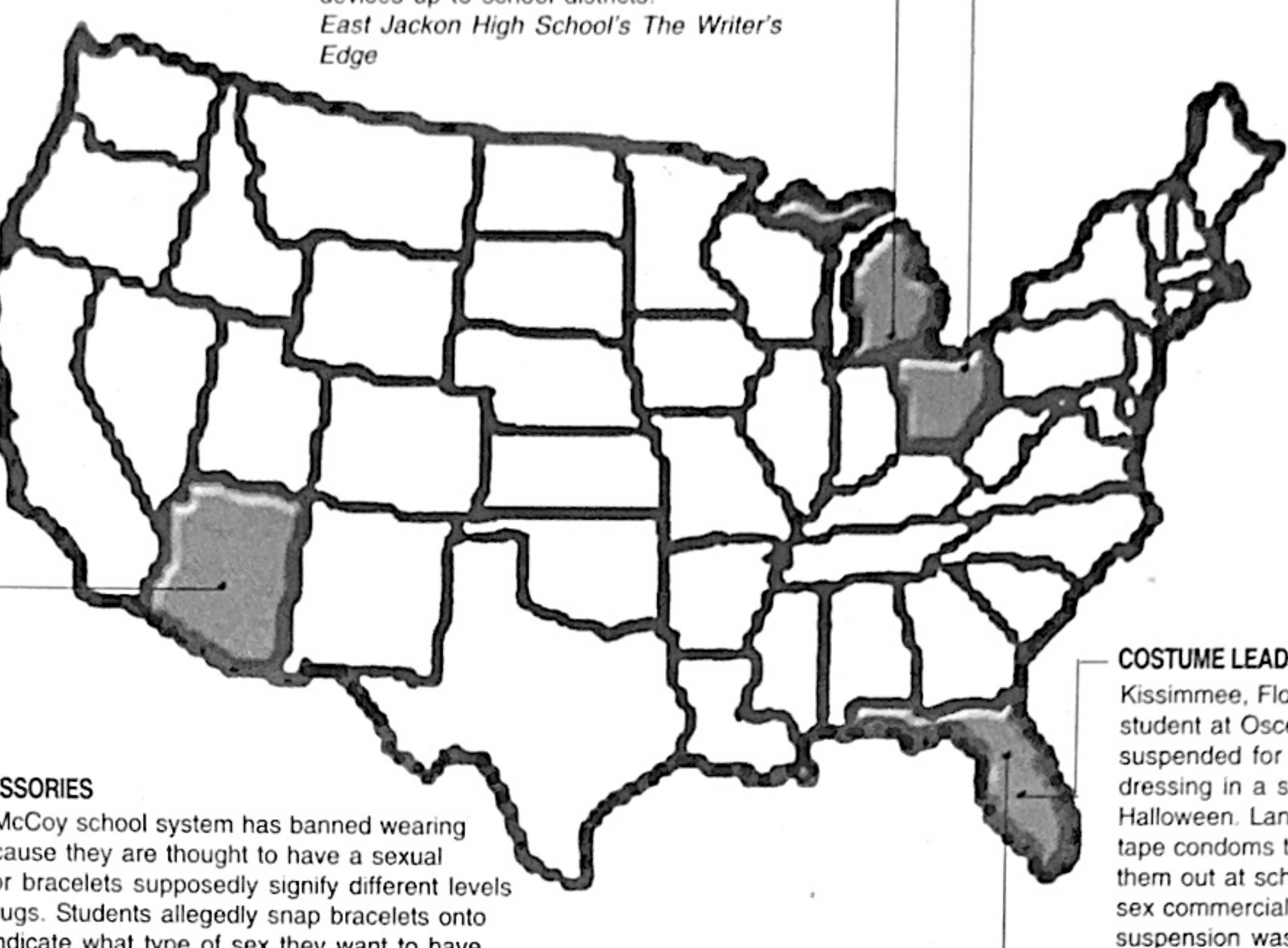
"This takes a major change in habits," Cotton said before announcing these awards. "It takes determination. It takes guts. It takes— what's that word from the vocab this week? Tenacious. It takes tenacity."

Perhaps the most crucial effect of the recognition ceremony was bringing together the Bridges students in a positive atmosphere.

"One of the most important things is giving them the opportunity to support each other and feel like they are part of the community," Wolpaw said. "It's so important for them to feel that positive support from their peers."

On the Net For a complete list of Bridges award winners, visit www.shakerite.com

News in the Nation



COUNTERFEIT MONEY USED IN SCHOOL CAFETERIA

Phoenix, Arizona: Secret Service agents investigated allegations that students at Greenway High School used counterfeit money to purchase cafeteria food. The investigation began in early October after four fake bills, ranging from $5 to $20 in value, were identified by the school's cafeteria manager.
Greenway High School Demon Dispatch

MICHIGAN OKs CELL PHONES IN SCHOOLS

Jackson, Michigan: Legislators in Michigan lifted a statewide ban on cell phones in schools, leaving the regulation of electronic devices up to school districts.
East Jackon High School's The Writer's Edge

ACHIEVEMENT PROGRAM NAME CAUSES CONTROVERSY

Solon, Ohio: Solon High School's decision to begin the Minority Achievement Program of Solon sparked debate. MAPS decided to change its name to the Diversity Achievement Program of Solon after weeks of controversy that the focus should be on academic achievement, not the race of participants.
The Solon High School Courier

COSTUME LEADS TO SUSPENSION

Kissimmee, Florida: A 16-year-old student at Osceola High School was suspended for three days for dressing in a safe-sex costume for Halloween. Lanessa Riobe decided to tape condoms to her shirt and hand them out at school after seeing safe-sex commercials on television. Her suspension was later reduced to one day by the school principal.
CNN.com

SCHOOLS REGULATE ACCESSORIES

Marion, Florida: The Fort McCoy school system has banned wearing plastic "jelly" bracelets because they are thought to have a sexual connotation. Different color bracelets supposedly signify different levels of intimacy, starting with hugs. Students allegedly snap bracelets onto other students' wrists to indicate what type of sex they want to have.
Time Magazine

Compiled by Emily Grannis; Designed by Allie Jennings

Internet harassment challenges rules

• *Schools differ in disciplining off-campus offenses*

BY CHRISTOPHER INNISS
STAFF REPORTER

If students write derogatory comments about a classmate off of school property, can the school still punish them?

In September 2003, a group of high school students at University School were punished for posting comments about a classmate on the Internet. The comments made fun of a classmate's physical appearance and spoke of killing the classmate. When the student learned of this diary, he told school officials, who issued 3- and 5-day suspensions to the perpetrators. Although the diary was not created at school, US has the authority to discipline the students because they violated the school's computer use policy, which states that "Students may not use computers (for instance, e-mail) to insult, harass, threaten, or frustrate others and their work. This includes inappropriate language."

Junior Alena Frate said that this doesn't go on at Shaker.

"I don't go searching for [diaries]. If I ever were to create an away message about anyone, it'd be about one of my friends and it'd be in complete jest," she said. Away messages let people know you can't talk online at the moment.

Junior Lauren Kutik says she has seen students bash others online.

"What I have seen, I think was done out of jealousy or mockery . . . so, essentially, one person didn't like another," she said.

Shaker has its own policy regarding online harassment. In 2002, the high school's handbook changed to address Internet harassment and inappropriate use of technology. Section 32 states that students who use the Internet to "infringe on the rights or liberties of others" are subject to punishment. It doesn't specify whether or not a person is subject to school punishment if the comments were not written at school. Assistant Principal Neil Glazer recognized this ambiguity and said that it was up to the assistant principal to decide if the student should be punished in cases where the comments were not posted using a school computer.

"Extending the school's powers into the home after school hours may be beyond our legal authority," he said.

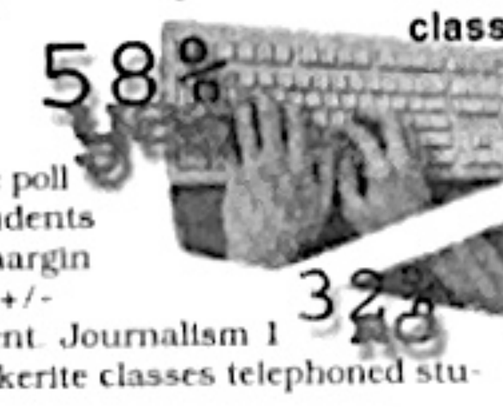
Junior David Frisof shared Glazer's opinion.

"The school does not have the right to punish a kid because it is a matter of free speech," Frisof said. "It is the parents who should have the decision on whether the kid should be punished."

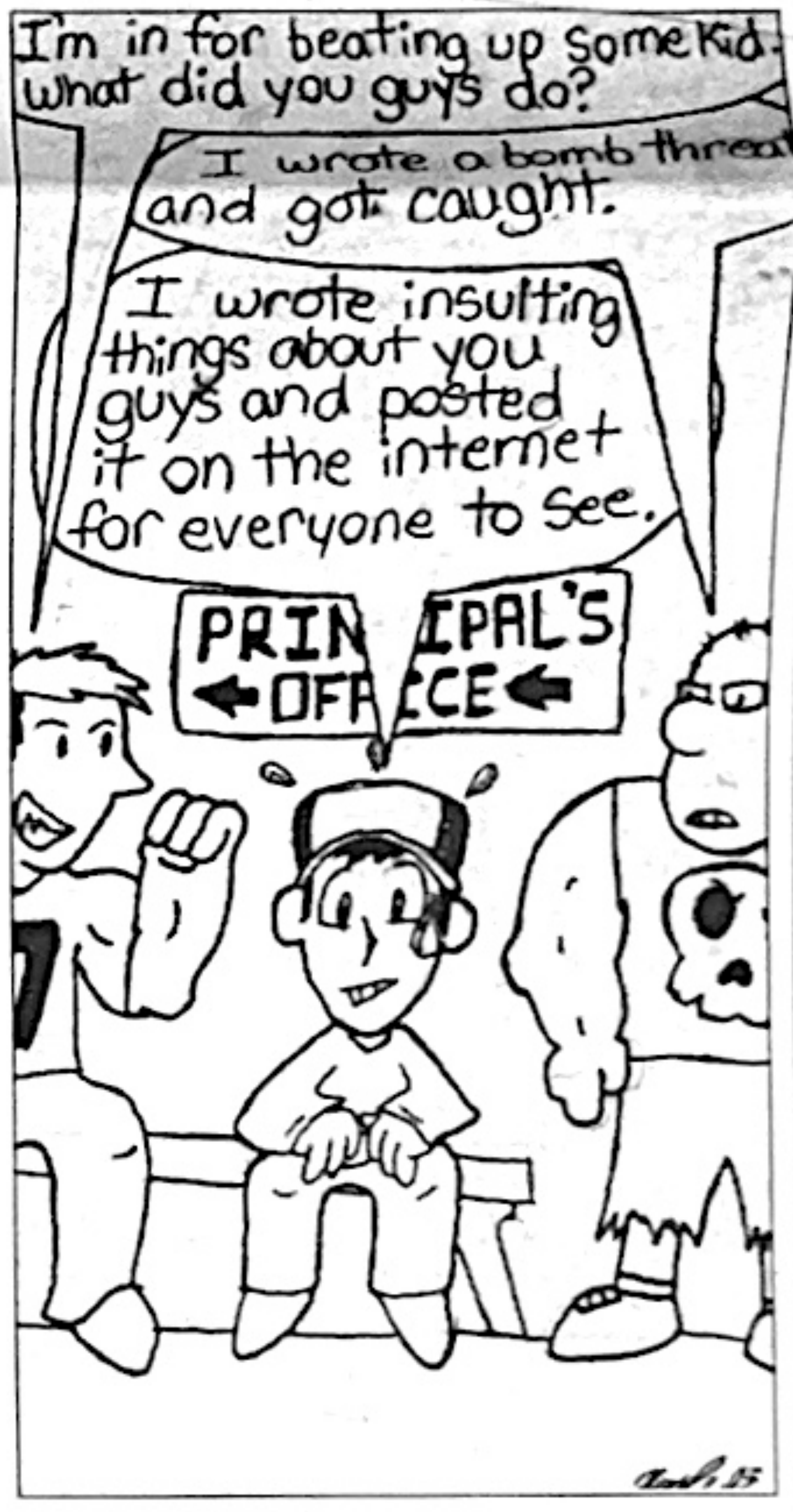
The First Amendment protects a number of basic freedoms, including freedom of speech. The government and public institutions cannot take away these rights, except under very limited circumstances. Public schools are one of these exceptions. While students "do not shed their constitutional rights to freedom of speech or expression at the schoolhouse gate," as upheld by a pivotal 1969 Supreme Court decision in Tinker v. Des Moines Independent Community School District, they must yield to the rules of school officials. "[School officials] have the right to regulate speech [in the classroom] and prohibit use of vulgar and offensive terms in public discourse," according to the 1986 Supreme Court ruling in Bethel v. Fraser.

Public schools clearly have power when it comes to harassment. In 2002, a student in Ohio was expelled from North Canton City High School after insulting his teachers on a website he created at home. The school defended its punishment by saying that the site both violated the school's policy on use of obscenities and negatively affected all students who viewed it. Private schools have not gone to court often on the issue of the amount of power they have outside of school. One case did recognize that "private schools have greater discretion in punishing pupils for out-of-school conduct."

Do you think students should be punished for publishing derogatory statements about classmates online?



Scientific poll of 78 students with a margin of error +/- 11 percent. Journalism 1 and Shakerite classes telephoned students.


I'm in for beating up some kid. What did you guys do?
I wrote a bomb threat and got caught.
I wrote insulting things about you guys and posted it on the internet for everyone to see.
PRINCIPAL'S OFFICE

Tyler Naugle • THE SHAKERITE

"Los Olvidados": The Forgotten Ones

• Buses leave students at Coventry; movie lives up to its name

FROM **STRANDED** PAGE 1

"The bus drivers are at fault for not clarifying where the buses would be," Schultz said.

However, freshman Courtney Kinter blamed the teachers.

"The teachers should take the blame for not taking attendance on the way back," she said.

But Perez has a different view of the situation.

"We did say that the buses would be around the corner, though we could not take attendance because everyone was on different buses on the way back," he said.

Luckily, Foote realized that the students had been left behind at Coventry and returned to Coventry with a van to pick up the students who were left behind.

Since there were so many, he had to make three trips to get everyone back to school.

In the end, all students were successfully rescued with little to no problems in their school day, but Karen Mintzer, whose freshman daughter Katie Mintzer was left behind, was not happy.

"No teacher checked who was on the buses and all of the freshmen were left for the last trip," she said.

> "No teacher checked who was on the buses and all of the freshmen were left for the last trip."
>
> Karen Mintzer
> Parent

the News Desk

Council members plan changes to improve Shaker

The Nov. 4 election determined that Earl Williams and Nancy Moore will join and Earl Leiken and Brian Parker will continue to serve on city council.

Moore, who was the school board president, said she has been involved in housing, neighborhood revitalization and economic development and ran for city council to make a difference in these areas.

Parker plans to promote cleaning Horseshoe Lake and communication between city hall and the community through a website for citizen commentary.

Williams hopes to shift more of the tax burden to businesses and help *the schools and city government coordinate on improving recreation.*

Leiken, a four-year council veteran, will continue to focus on economic development, providing quality public works services, maintaining financial responsibility and strengthening housing and neighborhoods.

Senior Zachary Lerner said the most important thing city council members can do is not to work on development of housing but rather to remove the architectural review board and strict housing code.

Moore, Leiken and Parker all noted that economic advantages of developments such a Shaker Towne Center and Sussex Court.

"We're hoping to increase the tax base and attract people to Shaker that we wouldn't otherwise attract," Leiken said.

City Council vote totals

Moore:	4603
Leiken:	4365
Williams:	3879
Parker:	3879

Meagan Steiner

Number of turkeys consumed by an American in a lifetime: 65
Calories in a cup of brown rice: 150
Calories consumed by an average American in a day: 3600
Calories consumed by an average Afghan in a day: 1692
www.peta.com,www.dietitian.com,www.newint.org

Losing sight of a Shaker education

It's been five years. Five years since I could walk into a classroom and see the real Shaker Heights in all of its richness and diversity. In five years I have sat in more than 35 classrooms, from the middle school to the high school, and have seen the same, monotonous, homogenous group of students, with a few hope-inspiring exceptions. I can barely recall my days at Boulevard when teachers taught all children the same stories and skills, when I had the opportunity to just *be* with everybody—black and white. But beginning in the third grade, the school system began to pressure certain students out of the regular classroom, drawing them out of this multicultural experience and into the Advanced Reading Placement room along with a few of the other usual kids to get "special" attention. These students were gently tugged in elementary school, pulled harder in middle school and yanked violently in high school to pursue the "higher level" classes—the ones where the nearly 50-50 black-white ratio of our school plunges to 20-80 or worse.

KYAN SAFAVI
OPINION EDITOR

It's the Ogbus and Fergusons who steal a glimpse of our school system and condemn our self-segregation and blame parents of black students for not helping their children reach an "advanced" level of learning and who use hip-hop culture and rap music as their excuse for the academic gap in our school. It's everybody and everything's fault except for the system itself.

This is the system that frantically attempts to divide 8-year-old children based upon who they predict to be "gifted individuals," that molds barriers between the student body that are so difficult to transcend once put in place at such a young age. This is the school system that churns out Harvard and Yale and Princeton-bound students each year in unusually high numbers, and then falls tragically short in helping other students, in giving them the same attention, opportunity, and care.

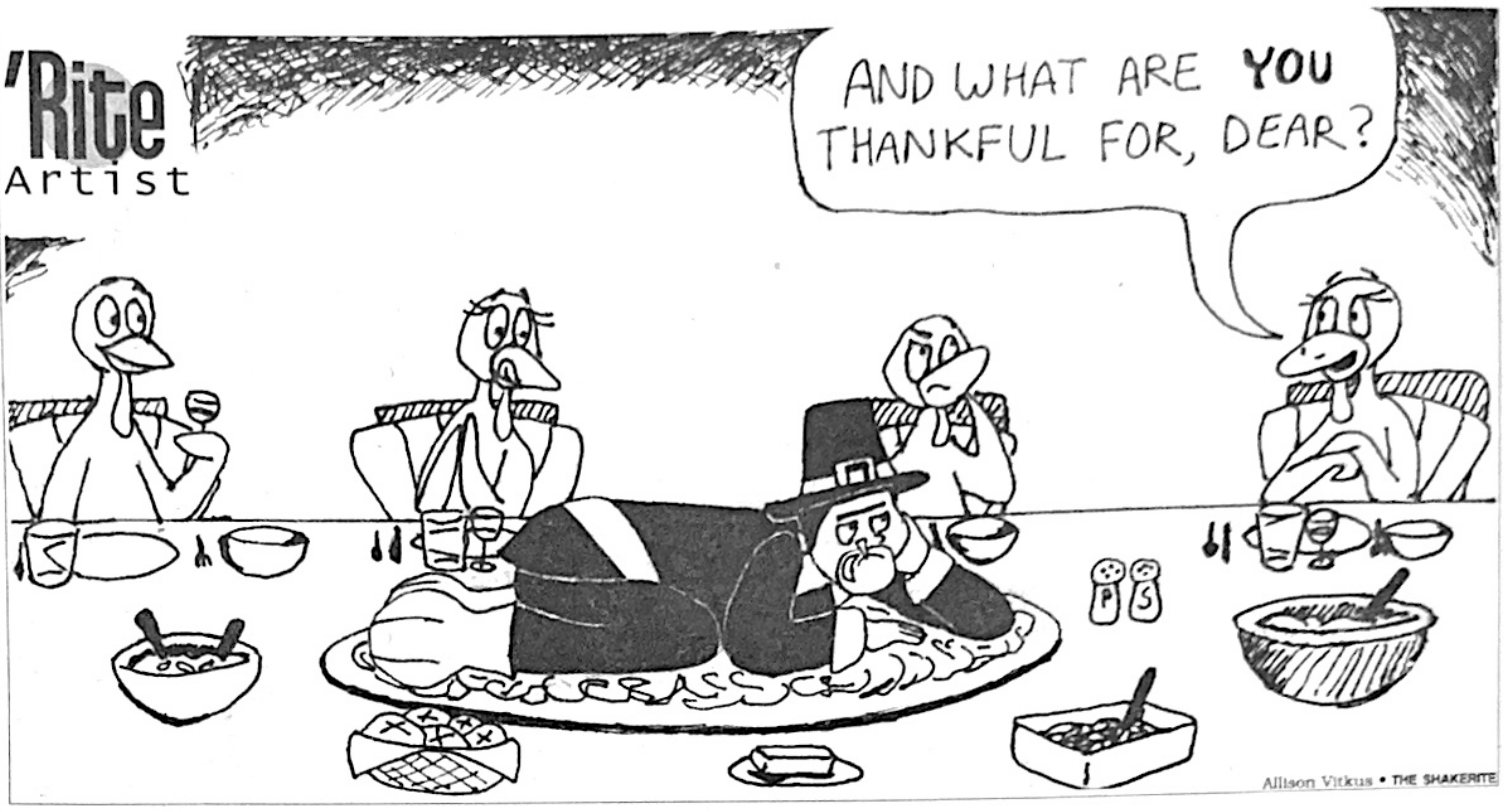
The statistics on the racial divide in course levels are a gloomy affirmation of reality in our school. In San Francisco, a study found that blacks and Latinos make up 42 percent of the student body in suburban high schools, but only 14 percent of those are in advanced placement.

So what if we knocked down these cell walls of AP-Honors and CP classes and created a revolution against the nationwide system: a ground-breaking school with only one level of classes, abolitioning AP classes altogether. Is this the only way to bandage the gash in our educational system, to reunite our separated identity? This may be a naïve shot in the dark. But in the face of such a disheartening obstacle that has destroyed the core of our education for so long, going back to our ideals may be a beginning.

I have lost out on the Shaker experience -- the illusion of blacks and whites in equal number, together in the classroom, learning with each other and from each other. I will leave here in six months having forfeited the Shaker experience, and it will be a shame for another student to miss this opportunity; it's the opportunity of a lifetime.

Next month: a look at efforts underway K-12 to close the gap.

'Rite Artist


AND WHAT ARE YOU THANKFUL FOR, DEAR?
CRASS
P
S

Allison Vitkus • THE SHAKERITE

Students should embrace civic responsibility

'Rite the Idea

In a country founded on "life, liberty and the pursuit of happiness," America is a place where citizens ought to appreciate the rights they have, the opportunities that are available to them, and the responsibilities they must fulfill. But according to a recent study, a majority of young Americans feel it is unimportant to pay attention to government and politics, admit to abstaining in most elections, and look unfavorably on a career in public service—just slightly more favorably than a career in farming.

The report did note, however, that young adults who participated in a civics class placed more value on engaging in public service. At Shaker, a class in government is a requirement for graduation, and unlike other required classes such as physical education and health, a government requirement can't be fulfilled on an independent study. It is a course in which a Shaker student's eventual participation is inevitable, and a requirement seniors often meet with groans of frustration.

An effective democracy depends on every individual; if certain groups of people—young adults, for example—choose not to engage in public service, then a government's actions no longer represent the interests of the entire population. Shaker's focus on civic education demonstrates a commitment to generating active citizens and future leaders.

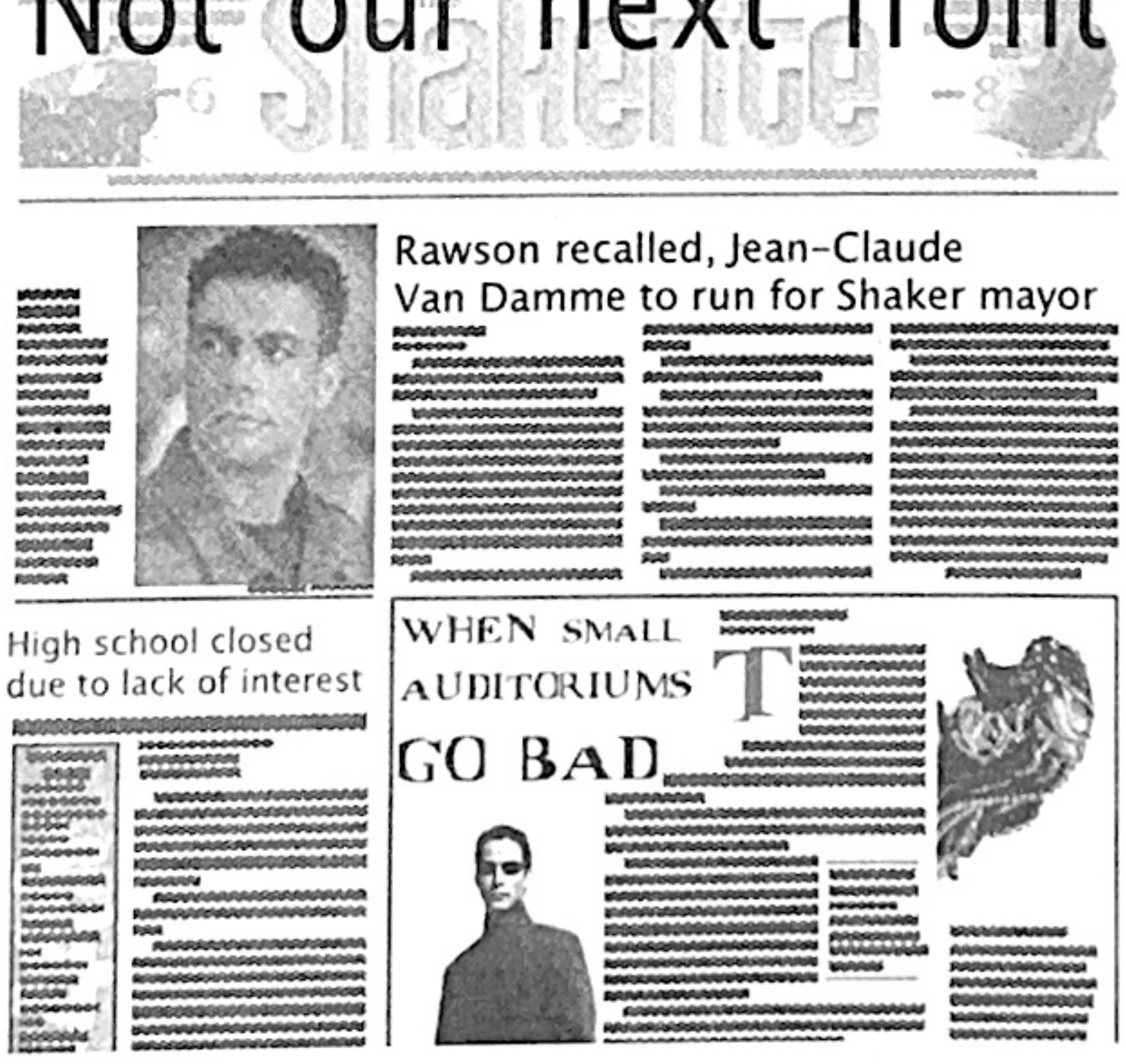
Students, however, ought to understand that taking a government class is only the first step. Shaker students should develop a more proactive stance, and ought to avoid waiting until the age of 18 to voice their opinions. The creation of an extra-curricular organization at Shaker designed specifically to promote civic awareness and political discourse would be a striking addition to a school that already strongly supports governmental understanding. Students should be committed to an involvement in their community and an understanding of current issues long before they are legally adults.

Unforeseen challenges loom on the horizon, and unanticipated difficulties stand in our way. If the majority of Americans remain uneducated and apathetic about public service, then the proper functioning of our government is at risk, and the progress of our nation is in jeopardy.

A new generation of political leaders must lead the American people to more enlightened times. These leaders of tomorrow are being born today, and their basic training is their high school government course.

> Students should be committed to an involvement in their community and an *understanding* of current issues, long before they are legally adults.

Not our next front


Shakerite
Rawson recalled, Jean-Claude Van Damme to run for Shaker mayor
High school closed due to lack of interest
WHEN SMALL AUDITORIUMS GO BAD
T

IN PERHAPS THE most groundbreaking story never to happen in Shaker, the new high-tech small auditorium will (not) gain a will of its own and enslave the population of the school. "It was nuts," said Thomas Anderson, a freshman. "All of a sudden the auditorium had a will of its own. It locked all the doors, and we couldn't get out. Whoa, wheres the open campus?" Custodial staff is expected to break the new auditorium by early next week.

- Matt Seidner

the Top Ten EXCUSES FOR YOU TO GO ON SENIOR CUT DAY

10 It was a religious holiday
9 I was voting
8 Hmmmmm...
7 That guy told me to do it
6 The question is: where were you on senior cut day?
5 Don't worry, my mommy excused it
4 No hablo ingles
3 I was totally there
2 That's classified information
1 I thought it was Thanksgiving

Hey, MTV! What ever happened to originality?

ANDY CAMERON
STAFF REPORTER

Watch MTV! Do it! Conform! Don't question! Or this is at least how I feel when I turn my television to MTV. Yes, MTV. I'm still foggy on what exactly the M stands for though. Marketing? Manipulation? Manure? Masturbation?

Back in the 1980s, MTV was the little station that could. It boldly aired new and emerging artists, playing music in the virtually unexplored medium of video. Sure, the music videos may not have been the refined efforts that we see today, but at least there was art in them. People put effort into making an artistic piece that would simultaneously promote the music of an artist and show off the talent of a director.

Now it just a cliché. Every "musician" with a major label deal has a video. It has become a cookie cutter process of placing new "artists" in with worn out video pastimes. "Bitches" and "hoes"? Check. Hot cars with 24-inch rims impregnated with flashy "bling-bling?" You got it. Flashy casual clothing by Gucci and Prada? They're built in!

However, these are all trivial matters. They don't actually show music videos on MTV anymore, so my complaints are moot. What the world really needs on music television is a show about girls who have more money than they know what to do with, and how they deal with their lives. "Money can't buy love" touts the catch-line on the commercial for "Rich Girls." I'd prefer it said, "Money can't buy you common sense or intelligence, but it can get you your own lame television show." I doubt MTV will go for that.

Shows on MTV are becoming as hackneyed as their musical counterparts. They all fall neatly into the categories of reality TV or stupid people doing stupid things. The incredibly overrated show "The Real World" has spawned into a whole series of other shows with only slight variations. "Road Rules," "Real World and Road Rules Challenge," "Newlyweds," "Rich Girls," "Sorority Life," "Camp Jim"... these aren't new ideas, but MTV hopes that the amnesiac American public has forgotten the antecedents.

The other category of stupid people doing stupid things is also nothing new on TV. "Jackass" has lured viewers every week to watch the exploits of morons pretending to be cool by doing things that any normal human being would consider utterly idiotic.

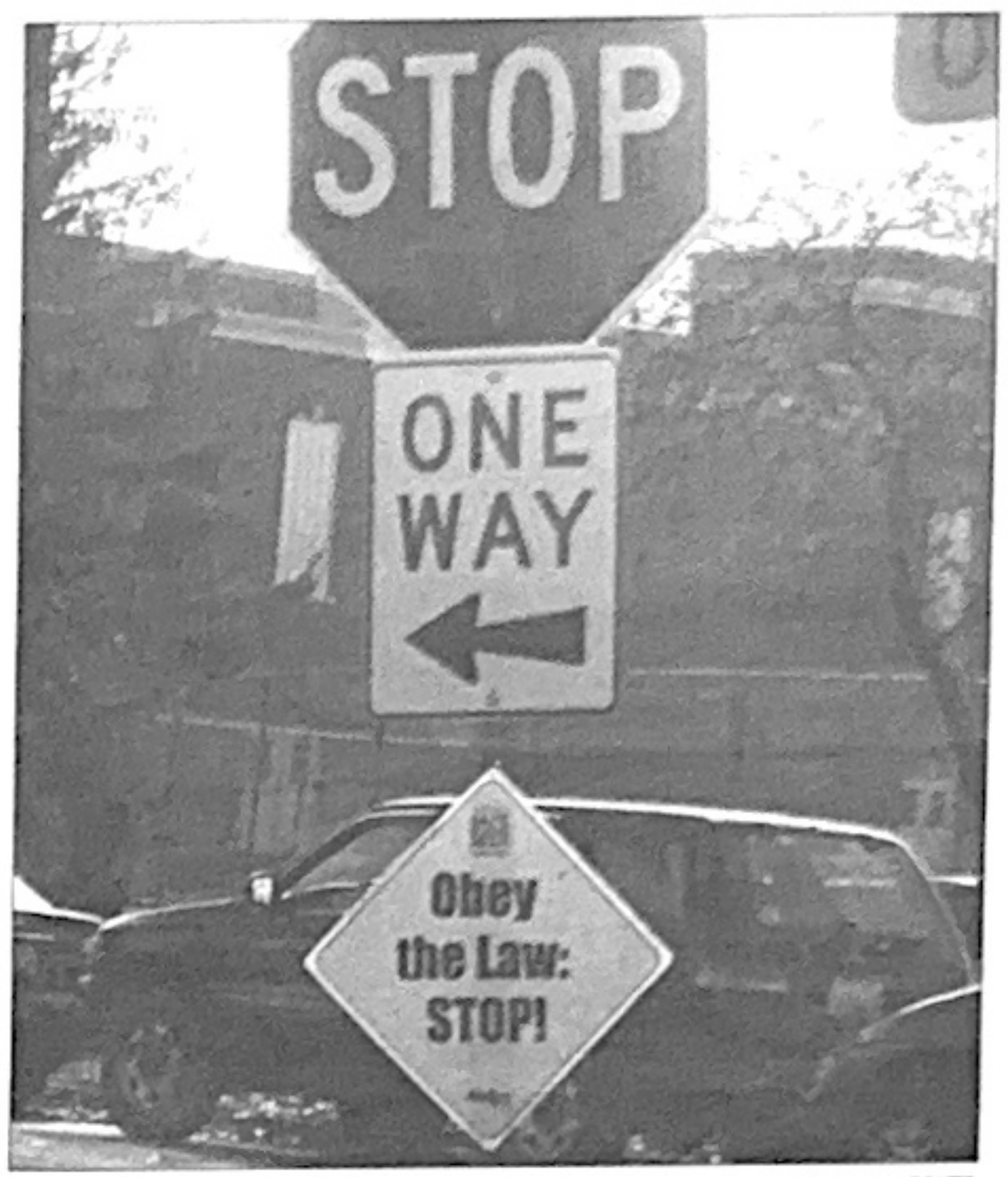
Great idea, MTV! And again, MTV has somehow tricked the public into watching the spin-offs of "Jackass," also known as "Viva La Bam," "Wild Boyz" and the nightmarishly bad, "Punk'd." The host, Ashton Kutcher, has the charisma of a monitor lizard, so stop putting him on screen!

And now I come to this, the shining star of MTV, "Total Request Live." The shrill-voiced cacophony of screaming overrides any music that could be played on the show; I'm not sure that's a bad thing. The constant parade of "stars" and "musicians" leaves almost no time for the music videos themselves. Here's my request: Shut up and play the music video!

It's not that I blame MTV solely for the monster that they have created. The public, which voraciously consumes the nonsense as quickly as MTV shovels out, also bears some responsibility.

So, to MTV: take a hint from your name and play music videos!

STOP HERE. THIS TIME WE'RE SERIOUS



Jon Stange • THE SHAKERITE

WON'T STUDENTS GET confused now that there are so many signs? The sign was blown down by an angry windstorm sick of being patronized. Next time the sign will say, "One way means cars can only drive in a clockwise direction."

WHAT MAKES A PATRIOT

•Point/Counterpoint: is it an unwavering loyalty to a country or a commitment to questioning authority?

ASHALI SINGHAM
GUEST 'RITER

A citizen reciting the Pledge of Allegiance, a national symbol of patriotism, pledges allegiance "To the republic for which [the flag] stands." A patriotic citizen does not pledge allegiance to a government or president, but to the ideals of the United States. He or she stands for these ideals: democracy, freedoms of speech, religion, press and the right to petition the government, rights specifically guaranteed by the First Amendment.

A patriotic citizen stands up for the ideals and freedoms of America, not necessarily the government. During the 1800s, truly patriotic citizens realized that by allowing slavery to exist, the government was violating the basic principle of the United States, that all men are created equal.

If everyone at that time had blindly followed the government's decrees in the name of "patriotism," would slavery ever have been abolished? During World War II, the government clearly violated the principles of freedom and equal rights with Japanese internment camps. Were the patriotic citizens those people who sat back and let the government violate basic freedoms listed in our Constitution, or those who fought against the government and stood up for equality and civil rights?

Was Dr. Martin Luther King Jr. a patriotic citizen? If one holds the belief that being patriotic means being passively loyal to all government policies, which included segregation in King's time, then clearly he was not patriotic. However, I believe patriotism is standing loyal to the ideals of America, even in the face of unfair government policies. Dr. King fought for the principles of freedom and equality, and in leading his peaceful revolution against a government who violated these principles, King proved himself a truly patriotic citizen.

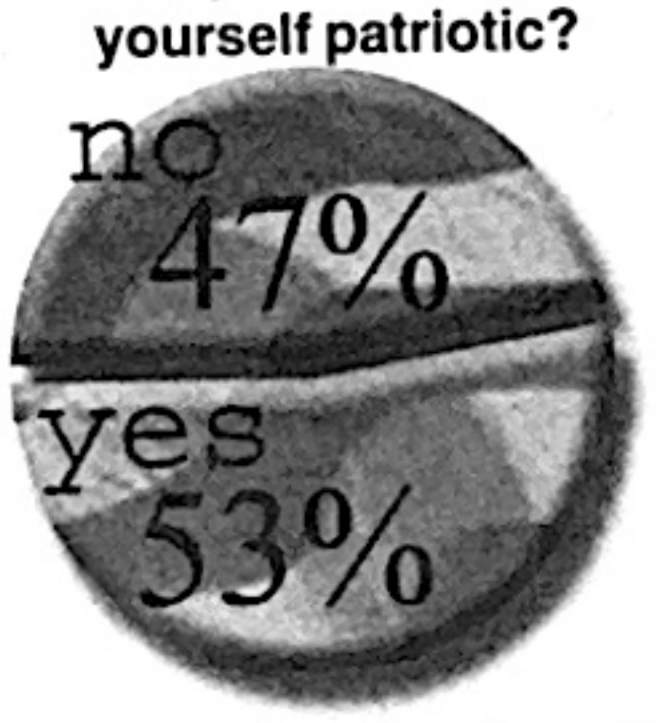
The notion that patriotism equals blind allegiance to the government's policies has only led to disaster in other countries. In Germany during World War II, "patriotic" citizens were Nazis. If a government requires that all citizens follow its policies without question, it borders on dictatorship and fascism.

In a democracy, citizens are guaranteed the right to question and criticize their government. We have a right to accurate, non-biased information. We have a right to engage in peaceful protests. We have a right to criticize our leaders. If President George W. Bush, or any other leader for that matter, enacts a policy that violates the principles of democracy, equality and freedom, it is he who is being unpatriotic.

Those who criticize and fight against unjust policies are the true patriots, and are showing their allegiance to the democratic ideals upon which the United States was founded.

These protestors are not anti-American; they are trying to make the government more faithful to democracy and freedom, which is perhaps the most patriotic action a citizen can take.

Do you consider yourself patriotic?



Scientific poll of 78 students with a margin of error +/- 11 percent. Journalism and Shakerite classes telephoned students.

NADAV WEINBERG
GUEST 'RITER

Duty, honor and country are the roots of patriotism. When I saw Shaker students posting "Attack Iraq: No" signs, I became sick. I took a sign, crossed out NO and proudly displayed my message.

The response from our liberal community to the Iraq War is one of disgust, which makes me ashamed of our community. The lack of patriotism shown by my peers and teachers is repulsive; students have passed out "anti-war" petitions claiming Bush is another Hitler and that the killing of innocent civilians was unjustified. I fully support one's First Amendment right to protest, but Shaker's condescending view of our country is unpatriotic. In war, it is the nation's duty to rally around her troops and wish for a quick and safe victory, whether or not the war was justified. Yet, as our soldiers are dying in Iraq, blown up by terrorists and shot by Iraqi resistance troops, Shaker calmly stabs our soldiers in the back.

Where is the love and support we owe our troops, dying for the American ideals of freedom and liberty? What are soldiers supposed to think when they see their country revolting against the military and their commander-in-chief? I am disgusted. How dare we recite the Pledge of Allegiance and then condemn our own government? Is that patriotic? It is not.

Last fall, while visiting college campuses, I was greeted at several universities by student groups demonstrating against the Iraq War. "Unjustified! Bush is a Terrorist!" I heard students screaming. How can young American citizens, who have never had to fight for their freedom or serve their country in war demonstrate against what our soldiers are dying for?

American citizens are spoiled. We take freedom with a grain of salt and duty with a large helping of complaints. We stand in the streets and march against our own government's efforts to try to free the Iraqi people. How can we justify this as being patriotic? We cannot. There is no honor in these actions.

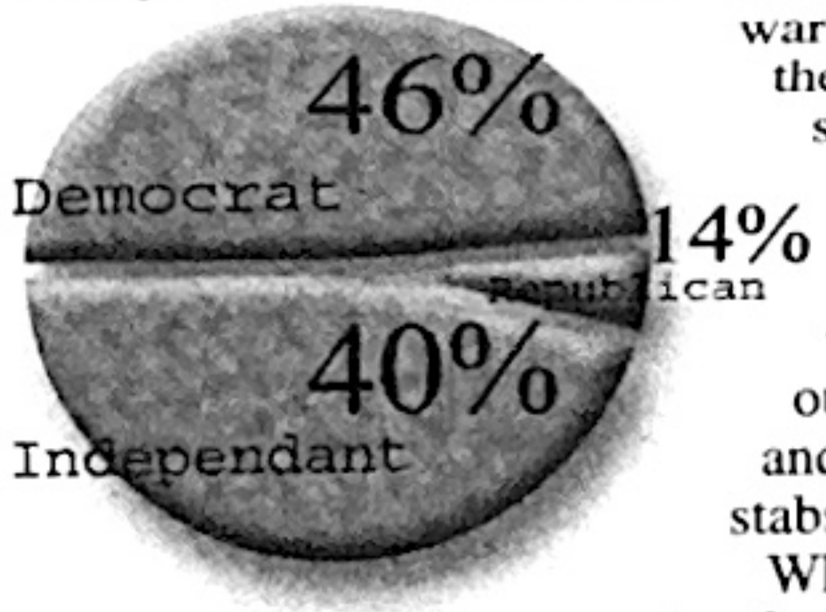
Many people believed in protesting the war in Vietnam. At no other time in our country's history am I more ashamed at the decorum of our civilians.

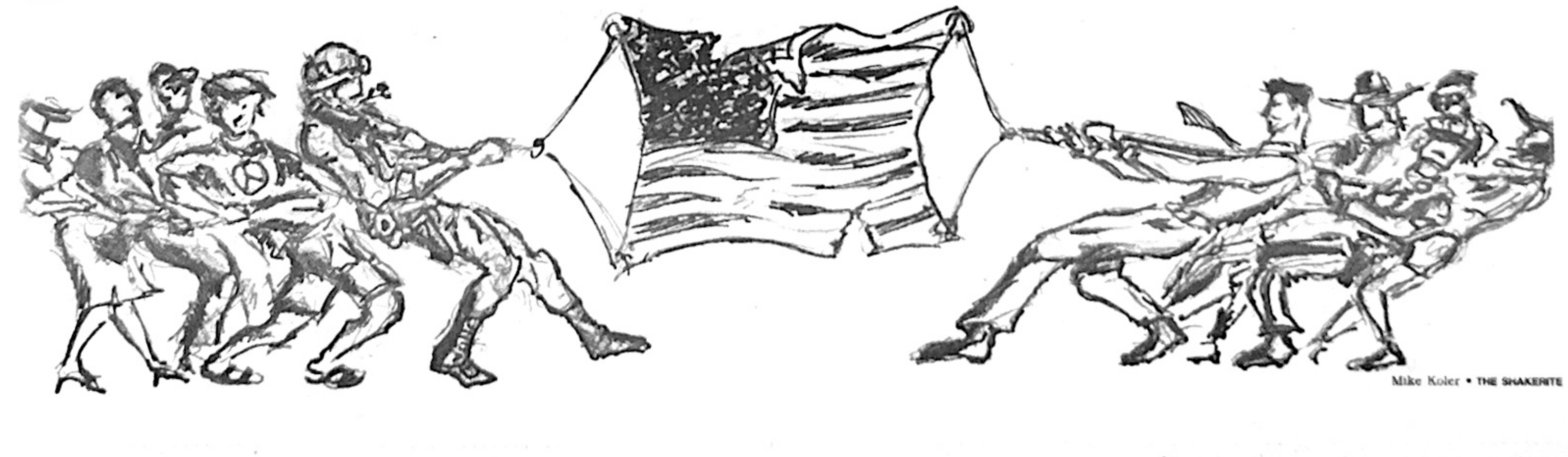
As our soldiers walked off airplanes, touching U.S. soil for the first time in years, protesters spat in their faces. Their own country backstabbed these soldiers who had risked their lives for our country and watched friends bleed to death from shrapnel in their arms.

Our forefathers gave their lives for this country. Thousands of Americans have given their lives in war and peace. When I say the Pledge of Allegiance and watch the fireworks on July 4, exploding in arcs of red, white and blue, I understand that this is my country and this is my government. I owe it my life, and serve it by supporting it.

I AM PROUD TO BE AN AMERICAN!

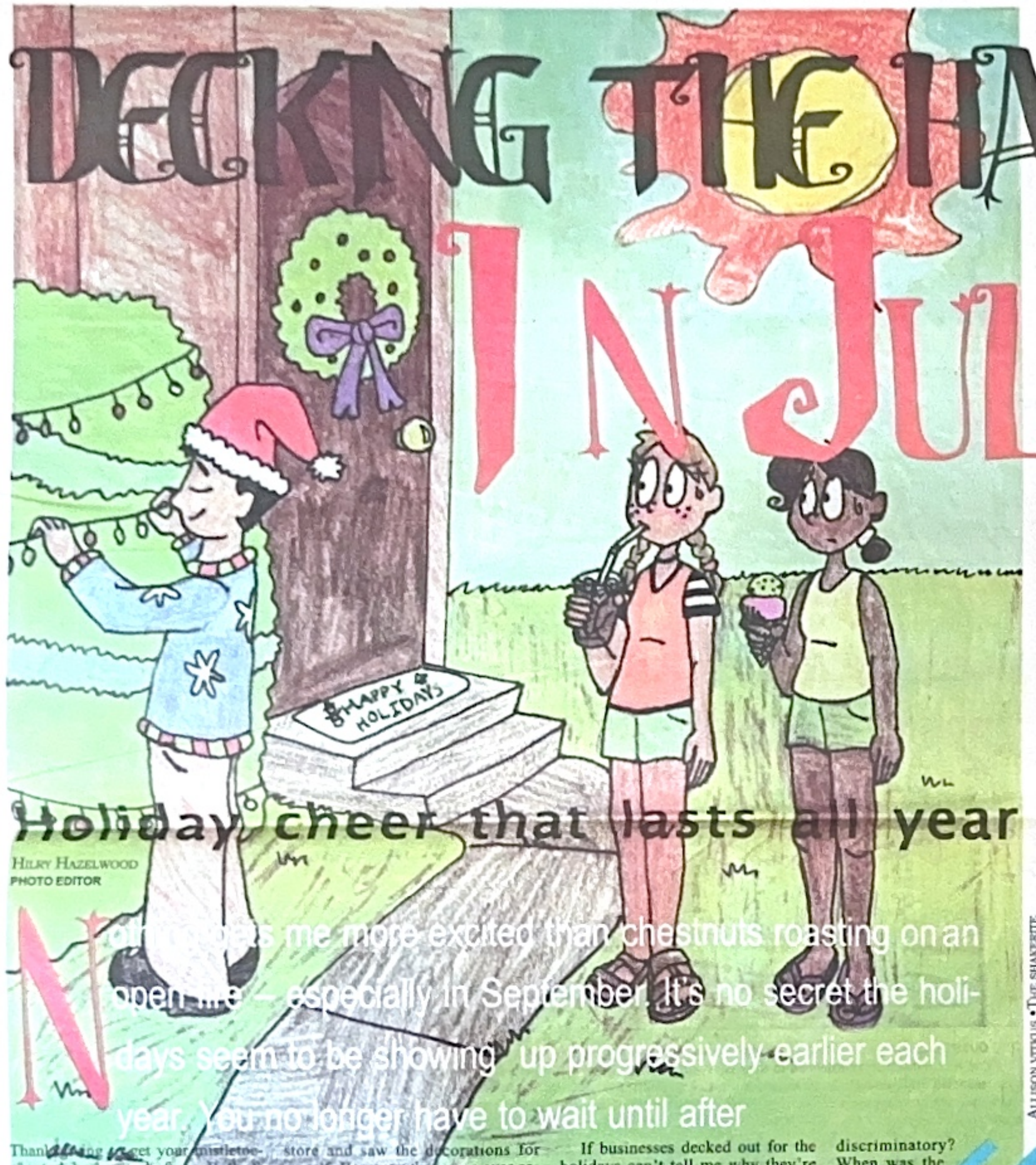
How would you label yourself politically?





Mike Koler • THE SHAKERITE

DECKING THE HALLS... IN JULY



ALLISON VITKUS • THE SHAKERITE

Holiday cheer that lasts all year

Hilry Hazelwood
PHOTO EDITOR

Nothing gets me more excited than chestnuts roasting on an open fire -- especially in September. It's no secret the holidays seem to be showing up progressively earlier each year. You no longer have to wait until after Thanksgiving to get your mistletoe-scented body wash from Bath & Body Works. Now you can reek of yuletide greetings no later than Halloween!

So why are the holidays arriving so early? After calling the Bath & Body Works location at Beachwood Mall and contacting their corporate office, I still don't know why they had Christmas ornaments adorning the walls in mid-October. As a representative from their corporate office informed me, they are not allowed to reveal such secrets. Secrets? I clearly walked into your store and saw the decorations for myself. However, they were ever-so-generous in offering me a pamphlet detailing their company's history. Gee, Merry Christmas to me. Maybe I'll stick it in my stocking. Or, better yet, somewhere else.

Surely such commercial snobbery must be representative only of large corporations. Why not talk to a local store, instead, like Malley's Chocolates? So, I called the main office to ask them about their holiday advertising. I was referred to two different people, neither of whom was ever available. Could it be? Another advertising cover-up? Isn't this the season of sharing?

If businesses decked out for the holidays can't tell me why they're festooned, perhaps a college economics professor can. Sounds logical enough. However, it seems that people who study marketing and advertising don't know, either. It's not like it's their job or anything to know why businesses do what they do.

I contacted 15 professors by e-mail and telephone and received minimal or useless responses. No one knows the answers to my questions, and if they do, they're not talking.

If the whole idea of the holidays is peace on earth and goodwill toward men, then why is the advertising so discriminatory? When was the last time you saw a Hanukkah bush for sale on the same lot as a Christmas tree? Where is my dreidel-shaped bottle of body spray from Bath & Body Works? And where, may I ask, are the Kwanzaa ornaments? In a society that puts so much pressure on exterminating racism, we should start with equal opportunity holiday marketing.

Outlandish holiday displays don't end at advertising, some of the merchandise is equally ludicrous. At www.stupid.com, you purchase pooping snowman candy and Santa's Candy Tackle Box with gummy worms for bait and chocolates for tackle.

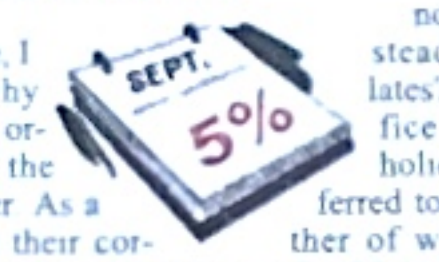
At a department store, you're sure to find some cheer in the sock department. Besides socks with Santa and Rudolph stitching, you can find socks that play your favorite holiday tunes at the press of a button. I know that's a quality I look for in a good pair of socks. Still not enough spirit for you? How about -- oh, wait, my cell phone is ringing ... and my ring tone? "Jingle Bells," of course.

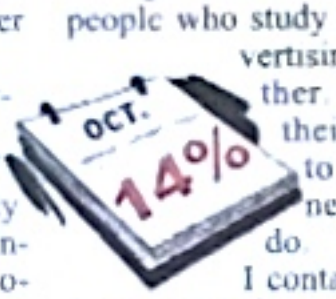
With the holidays quickly approaching, nearly every business has a gimmick. I can go for a festive drive in my car, roof-rack adorned with garland I bought at Target. Along the way, I can stop at Starbucks and get my usual latte in a new flashy red snowflake-y cup. When I get home, I can string up Walgreens brand lights around my roof, front door, flower pots, trees, rosebushes, windows, porch lights, and then maybe around the stray leaves in my yard. After that, I'll put up as many plastic holiday-related lawn ornaments as I can find at Wal-Mart and then leave them there until Easter. But of course, I wouldn't want to overdo it.

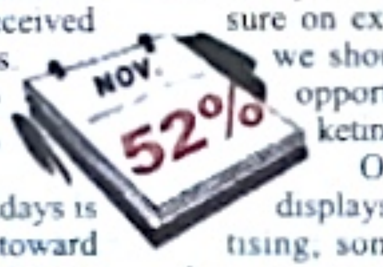
Sorry to disappoint you, but it looks like another commercial holiday season is approaching. Never mind that the lamp oil lasted for eight days and that Jesus was born in a manger; as long as I have my store-bought happiness, everything is fine.

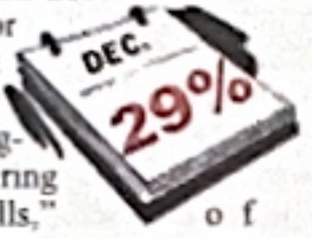
> "NOW YOU CAN REEK OF YULETIDE GREETINGS NO LATER THAN HALLOWEEN"

IN WHAT MONTH IS IT APPROPRIATE TO BEGIN HOLIDAY ADVERTISING/DECORATING?









Scientific poll of 78 students with margin of error +/- 11 percent. Journalism I and Shakerite classes telephoned students.

how early is too early?

THREE LOCAL SPOTS ARE SHOWING THEIR HOLIDAY SPIRIT

Hilry Hazelwood/THE SHAKERITE

PLACE:
VAN AKEN PLAZA
DATE OF DECORATION
EARLY NOVEMBER
FUN FACT
EACH TREE HAS 40 TO 50 FEET OF LIGHTS ON IT

Jason Plautz • THE SHAKERITE

PLACE:
TOWER CITY CENTER
DATE OF DECORATION
NOV. 13
FUN FACT
THE CHRISTMAS TREE IS 40 FEET TALL

Hilry Hazelwood/THE SHAKERITE

PLACE:
WESTERN RESERVE HISTORICAL SOCIETY
DATE OF DECORATION
NOV. 8
FUN FACT
THE INTERIOR HAS MORE THAN 50 TREES ON DISPLAY

Holiday spirit lacking on silver screen

Ashley Weatherford
STAFF REPORTER

When junior Nate Robbins paid $5 seven years ago to see Arnold Schwarzenegger fight Sinbad for the last Turbo Man in "Jingle All the Way," he knew he wasn't paying for the true spirit of Christmas.

The just-released holiday film "Elf," which depicts the story of a boy raised as an elf in the North Pole who goes to New York City to find his family roots and in the process save Christmas, has people questioning why holiday movies are arriving in theaters so early and whether they have lost their holiday spirit. The movie earned an estimated $27.2 million in its first weekend, exceeding the expectations of its creators by more than $10 million.

Sophomore Nicole Feeling said that she would see the movie not because it was meaningful, but because it "looked fun."

Magic Johnson Theater manager Joe McNall said he hasn't seen a holiday movie that upholds the Christmas spirit since "Drummer Boy." Through the years, he has also noticed a decrease in the number of people coming to see holiday movies, and he only opened up one theater to show the movie "Elf."

"Movies have become more commercial over the years. Just look at 'Jingle All The Way,'" said McNall, referring the holiday movie starring Schwarzenegger.

Through the years, holiday movies have also created a contradictory message for younger audiences. "They say Christmas is about family and not about gifts, but at the same time they're selling McDonalds toys," Plain Dealer movie critic Joanna Connors said.

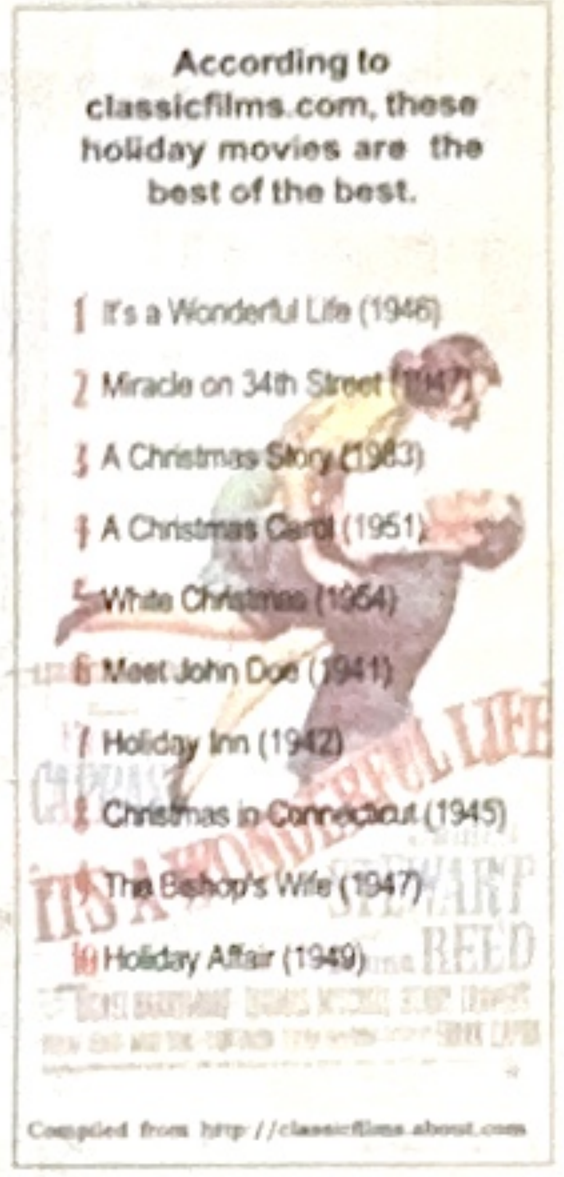
Connors added that the film industry markets toys related to holiday movies for children, sending a message that clashes with older holiday movies like the 1946 film "It's A Wonderful Life," which wasn't subjected to toy advertisements.

Another trend in holiday movies are earlier release dates. Holiday movies made more than 50 years ago did not always show up in theaters around the holidays. The 1947 classic "Miracle on 34th Street" hit theaters in May, and "White Christmas" debuted in October.

Although Robbins didn't enjoy the crass "Jingle All the Way," he still strongly believes that most holiday movies stay true to the holiday spirit. "Because they're about families sharing presents," Robbins said.

Was 20th Century Fox trying to spread holiday joy all year round? In 1947, the film company released the Christmas classic "Miracle on 34th Street" in May. So why was a movie about a trial proving Santa Claus' existence, including the actual Santa as a defendant, released seven months before Christmas? One story says the producers didn't think much of the plot of the film, so they released it in the spring to get rid of it. The other story explains that Darryl F. Zanuck, founder of 20th Century Fox, insisted that the film be released in the spring to catch larger audiences. However, anticipating a possible reluctance to see a holiday movie during the spring, the studio attempted to hide any mention of the Christmas theme during promotions.

Compiled from [illegible]



According to classicfilms.com, these holiday movies are the best of the best.

1. It's a Wonderful Life (1946)
2. Miracle on 34th Street (1947)
3. A Christmas Story (1983)
4. A Christmas Carol (1951)
5. White Christmas (1954)
6. Meet John Doe (1941)
7. Holiday Inn (1942)
8. Christmas in Connecticut (1945)
9. The Bishop's Wife (1947)
10. Holiday Affair (1949)

Compiled from http://classicfilms.about.com

Decorations taken to new heights

Marguerite Moore
CENTERPIECE EDITOR

Until recently, holiday decorating was a little more extensive than the average tree and stocking for the Zmija family. Located in Cuyahoga Heights, the Zmijas opened their house to the public to show their holiday spirit.

Children paid $1 and adults paid $2 to be awed by the holiday display throughout the Zmijas' front and back yard.

The display comprised 200,000 lights, stationary displays and 10-12 animated attractions, including a ferris wheel, rocking horse and train. The house was open for the public every night from the day after Thanksgiving until Jan. 2.

Junior Rebecca Heide, who has been to the display several times in the past with her family, enjoyed the Zmijas' holiday spirit.

"At first, I was really surprised simply because of how many lights there were. But up close, it's really cool because they had animated things, too.

"They had a really creative way of setting it up and it was really pretty," Heide said.

Preparation for the big show began in August. The Zmija family, who started the tradition because they love Christmas, recently stopped hosting the display after a 20-year stint.

COURTESY OF HTTP://ZMIJA-DISPLAY.FREESERVERS.COM

THE OUTSIDE OF the Zmijas' house during the holiday season. The Zmijas' holiday display extended to their backyard as well, with animated displays such as an angel with moving wings. The family recently gave up the show after 20 years.

Tuning in for the holidays

The National Association of Recording Merchandisers reported in 2000 that approximately 8.3 percent of the $9.4 billion made from compact discs were from holiday music sales. According to this month's Shakerite telephone poll, 3 percent of students begin listening to holiday music in September, 4 percent start listening in October, 13 percent begin listening in November and 80 percent start listening in December.

"Almost no holiday music is sold because there isn't that much change in the holiday music," manager Rob Pryor of Record Revolution said.

"I think that traditional [holiday songs] always rule out because a lot of the songs are timeless," said Eddie Bauer, a music director for WENZ 107.9 FM, who plays urban Christmas music.

In past years, radio stations have started playing holiday music after Thanksgiving; music stores stock holiday CDs in mid-October. For example, the album "Now That's What I Call Christmas! The Signature Collection" was released in stores on Sept. 30, 2003.

Record companies consider Nov. 10 to Dec. 15 to be the prime shopping season for holiday music.

"Obviously the most popular type [of holiday music] is Christmas music ... I haven't seen anyone buying or helped anyone find a Chanukah or Kwanzaa CD," said Best Buy employee Joseph Shepard.

Compiled by Tarresha Poindexter

Capitol Records
$13.98
Two discs of holiday music performed by both contemporary and classic artists.

Capitol Records
$13.49
Dean Martin, Frank Sinatra and Sammy Davis Jr. sing classic Christmas songs.

Sony Wonder Records
$9.98
Eleven Christmas songs sung by Alvin, Simon and Theodore. Need we say more?

$12.99
A collection of eight songs based on the candles of Kwanzaa and the values they represent.

SPS Records
$10.98
A Hal L. Singer tribute to 10 Christmas songs about an incident between Santa Claus and Hannukah Harry.

Compiled by Marguerite Moore and Jason Plautz

Thanksgiving in August?

Thanksgiving has not always fallen on the fourth Thursday in November. The first Thanksgiving occurred somewhere between Sept. 21 and Nov. 11, 1621.

More than a century after Thanksgiving's debut, the U.S. Congress scheduled the holiday every year from 1777 to 1783, placing it in either November or December, depending on the year,

Various presidents also had the honor of deciding the date. James Madison even created two Thanksgivings in 1815. In 1863, Thanksgiving fell on Aug. 6, while two years later it was on Dec. 7. Thanksgiving became an official holiday on Nov. 26, 1941 when President Franklin Roosevelt signed a bill assigning it to the fourth Thursday in November each year.

www.didyouknow.cd

Who they are

Pin a random fact on the teacher

By Emily Ozan
PULSE EDITOR

Believe it or not, teachers do have lives outside the classroom. Some have even traveled through the Amazon jungle or owned several thousand rubber stamps.

Teachers discovered these interesting bits of information about each other this month through a survey activity run by the School and Community Relations Committee. Math teacher Bonita Glavic, who organized the survey, challenged teachers to match 54 colleagues with interesting facts about their lives in order to unite the teaching community.

"They just wanted to get people more involved," Glavic said.

About 12 teachers participated. English teacher Betsy Patch and Spanish teacher Alisa Warshay made the most correct matches and each won a $25 gift card to Borders Books and Music. They discovered that some of their colleagues collected spoons or cut tenth period every day of senior year.

English teacher Yvonne Allen used the activity to learn more about her colleagues and meet new ones.

"I thought it was interesting because I recognized that the personnel department hires individuals who are dynamic and multi-dimensional," Allen said.

"It was a wonderful opportunity to introduce yourself," Allen added.

Junior Justin Greenlee finds the facts about teachers intriguing. "There is a lot of crazy stuff in there that I didn't know about teachers, and it's strange to think of them like us when they were at school," Greenlee said.

A HIDDEN MONSTER

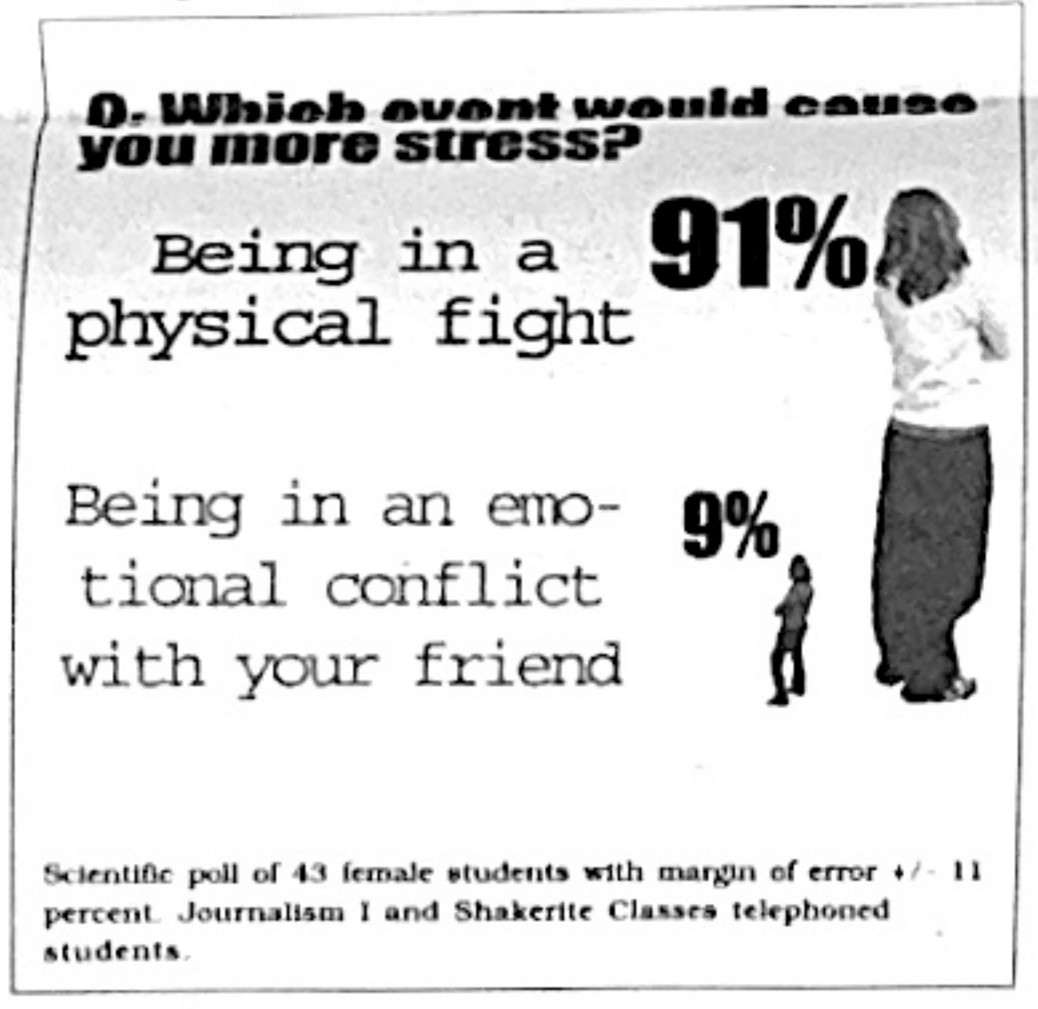
•Girls are often cruel to each other under their "sugar and spice" facade

FROM GIRLS, PAGE 1

just with a website. We took matters to the principals and counselors and everything. We just wanted them to stop writing things on the website because they weren't true. They wanted to see other people hurt because maybe it made them feel better, seeing us get made fun of," Baringer said.

Freshman Ali Wiest is troubled by the intensity of fights among friends. "You think that you're best friends with someone, and then they just turn on you," Wiest said.

The need to be accepted, often magnified by the disproportionate attention paid to the most popular girls, causes some girls to battle their way through friendships to avoid being left out, or to criticize their friends in order to appear more cool to other girls. The threat of losing a friendship also prompts some girls to display an all-or-nothing attitude toward their friendships, pressuring their friends to share every aspect of their lives or risk losing the friendship.



Q. Which event would cause you more stress?

Being in a physical fight	91%
Being in an emotional conflict with your friend	9%

Scientific poll of 43 female students with margin of error +/- 11 percent. Journalism I and Shakerite Classes telephoned students.

This hidden environment of cruelty among female friends is being unveiled by researchers such as Rachel Simmons, whose book "Odd Girl Out" revealed to concerned parents and administrators the issues girls face in their relationships — issues girls are aware of but reluctant to identify.

Senior Leslie Brandon has seen virtual wars between friends in school, though such behavior has lessened with time. "In the middle school and freshman year, there were clashes with groups of friends, but I don't see it anymore. Girls are so dramatic - one small thing can become a complete war. I think it has to do with being accepted. I think that's the root of everything," Brandon said.

Simmons, who spoke to about 175 people at Bellefaire JCB Nov. 5, said these forms of indirect aggression peak during the middle school and early high school years.

Bellefaire social worker Chris Ruma-Cullen, who attended Simmons' speech for teachers, counselors and administrators Nov. 6 at Bellefaire, believes that this behavior has an effect that is not confined to the social scope, but also permeates the academic realm.

"It so disrupts their learning environment. A lot of the girls I see aren't able to focus on what they're here to do. This is every bit as damaging to the academic environment," said Ruma-Cullen, who works at Shaker through a grant.

Simmons found that many girls wish to be more open about disagreements in their relationships and that girls believe that boys have fewer relational problems.

Sophomore Emmanuell Clinton sees a clear difference in the way the genders approach conflicts with friends. "We don't try to hide it as much as girls do. A female won't show it, but the guys will talk to each other and get feedback from each other to figure out the problem," Clinton said.

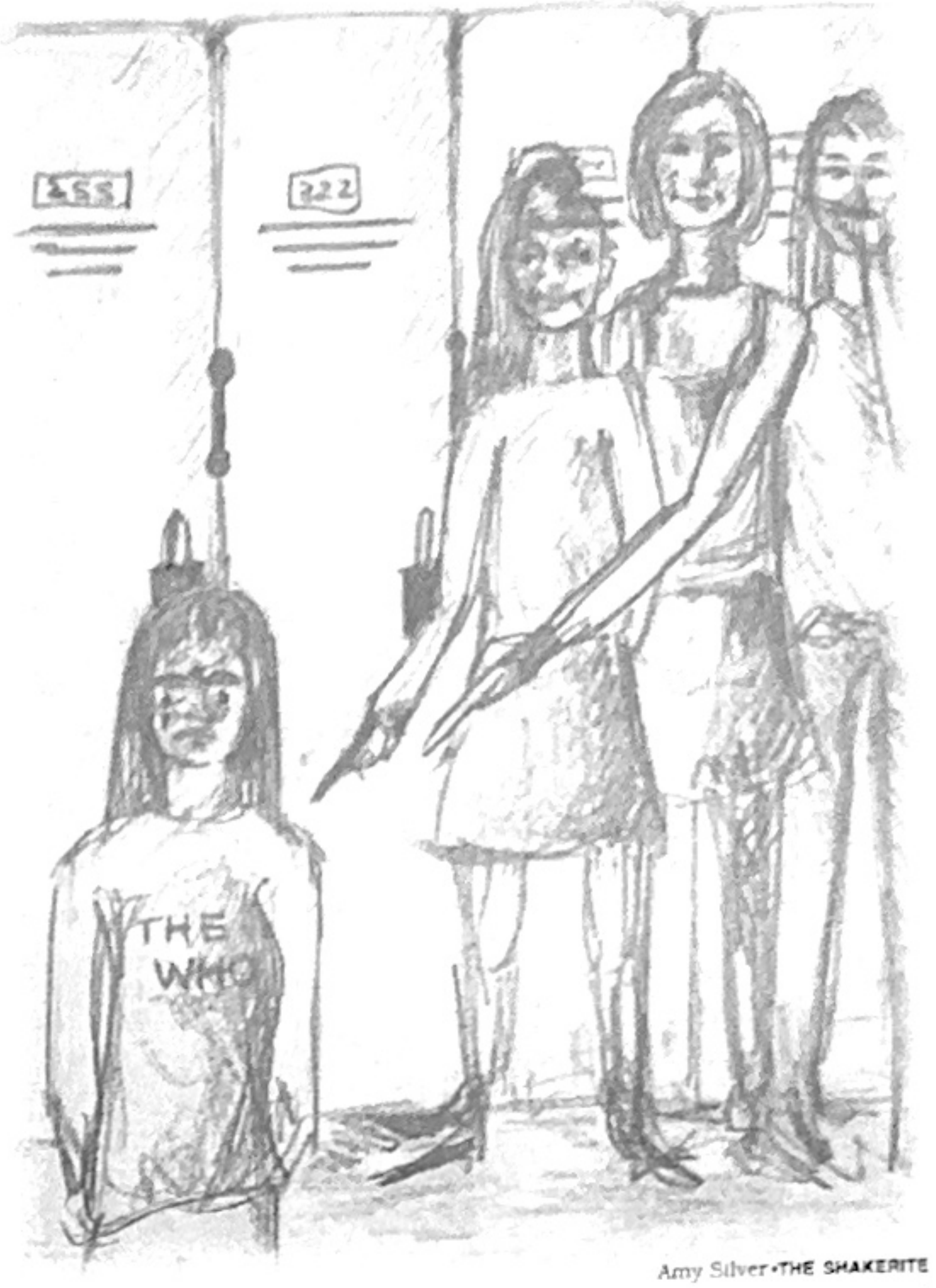
Brandon agrees. "Boys aren't petty; I don't think they care about the same things girls do. They don't have that need to be so accepted in a group. Girls are still girls, and girls are still mean, and it's always going to be the same," Brandon said.

Senior Lauren Weaver believes that much of the bitterness among girls stems from envy. "There are certain girls that are jealous of you. They don't like you because they are insecure with themselves," Weaver said.

Ruma-Cullen also emphasized that there is no simple solution for administrators. "The more we can bring it out in the open, the more difficult it makes it for that culture to exist," Ruma-Cullen said.

She would like a letter from the administration sent to parents acknowledging the problem. "Just like fist-fighting isn't allowed in our building, these things aren't allowed," she suggested as text for the letter.

Assistant Principal Ann Spurrier, who also attended Simmons' speech, believes that the high school's harassment and hazing policies cover Simmons' description of an aggressive girl. However, girls' less overt expressions of anger often go undocumented by the administration and thus are rarely punished. Victims of such unconfirmed harassment who approach the administration are usually counseled and given advice on how to defuse the situation.



Amy Silver •THE SHAKERITE

The difficulty in collecting hard evidence for such aggression has pushed the faculty to emphasize counseling and management methods rather than disciplining offenders. "We have punished for things in the past. They have to rise to the level of school disruption," Spurrier said.

Kelly Schaefer •THE SHAKERITE

AUTHOR RACHEL SIMMONS signs copies of her book on female aggression, "Odd Girl Out." She spoke at Bellefaire JCB on Wed., Nov. 5 about this topic.

"Girls are smart. We're not physically strong...we're psychologically strong," said Spurrier, who emphasized that fights between girls are often rumor-filled battles in which the offender tries to destroy her victim's reputation.

Spurrier said that one current tactic is to talk about another girl in a loud voice while the girl is near, but not mention her name. This makes it difficult for administrators to punish the perpetrators, because although both parties know who the target is, there is no concrete evidence.

Administrators are able to take action against another popular defilement tactic in which a girl mutters swear words or gossips about another girl under her breath while she passes her in the hallway. Faculty identify other tactics as well.

"Bumping in the hall is very popular right now, and we take action for that," Spurrier said.

Simmons cites the Internet as another dangerous weapon. Many girls feel more powerful when in non-personal contact, such as instant messaging, and use that gained sense of stature to say things they were too timid to say in a public setting such as school. Such expressions can be distributed through forwarded e-mails and on websites. The high school's harassment policy forbids Internet remarks that upset the academic environment.

Though most girls recognize that crude comments from boys are harassment, Spurrier hopes they will also realize the element of harassment in such actions between girls.

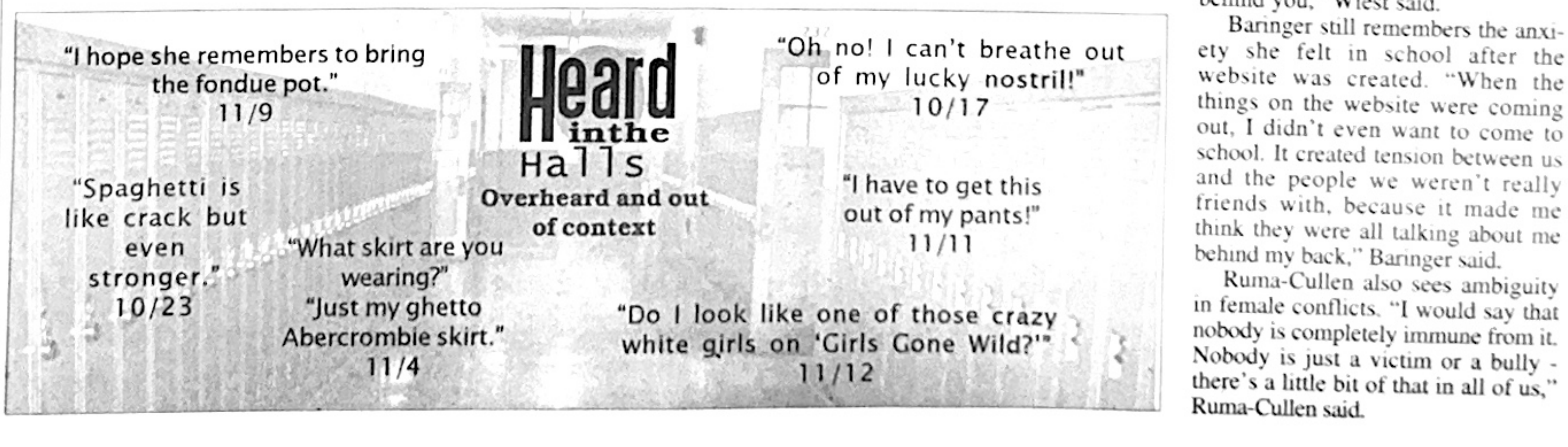
Spurrier hopes a faculty group of female administrators will gather to address the impact of female aggression and brainstorm ways to diminish its prevalence in Shaker.

Ruma-Cullen advocates free discussion of the problem to make students aware of the underlying tension and to let them know that such behavior is not acceptable. She often finds that students who come to her are most relieved by the simple realization that they are not the only victims. The intense isolation inherent in female aggression sometimes leads victims to believe that they are the only ones suffering social upheaval.

Wiest believes that although many conflicts are settled quickly, they have a lasting impact on the friendship. "In a week or so, you'll get over it and just go back to being best friends. You also lose trust in them a little. It's hard, but if you're good enough friends, you can put it behind you," Wiest said.

Baringer still remembers the anxiety she felt in school after the website was created. "When the things on the website were coming out, I didn't even want to come to school. It created tension between us and the people we weren't really friends with, because it made me think they were all talking about me behind my back," Baringer said.

Ruma-Cullen also sees ambiguity in female conflicts. "I would say that nobody is completely immune from it. Nobody is just a victim or a bully - there's a little bit of that in all of us," Ruma-Cullen said.



Heard in the Halls

Overheard and out of context

"I hope she remembers to bring the fondue pot."
11/9

"Spaghetti is like crack but even stronger."
10/23

"What skirt are you wearing?"
"Just my ghetto Abercrombie skirt."
11/4

"Oh no! I can't breathe out of my lucky nostril!"
10/17

"I have to get this out of my pants!"
11/11

"Do I look like one of those crazy white girls on 'Girls Gone Wild?'"
11/12

Let's talk about sex

•Students recall conversations with their parents about the birds and the bees

By Abby Hexter
BUSINESS MANAGER

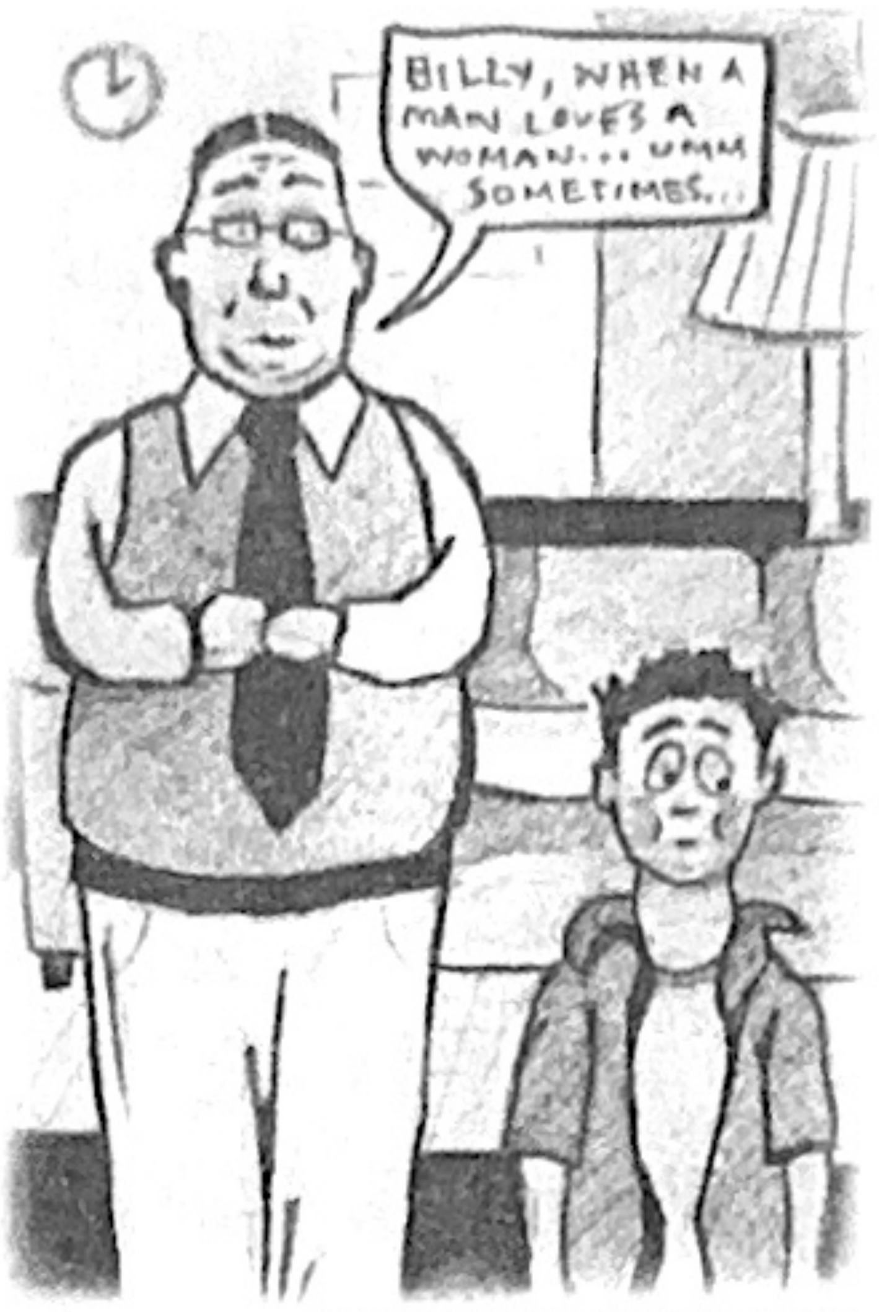
It can strike at any time. You hear the footsteps coming down the hall when you are watching television. And then the dreaded words: "I want to talk to you. About sex."

Your mind goes blank while you realize that your mother just said "sex" and "talk" in the same sentence, and you prepare for the inevitable. With the help of a couple nods and purposeful zoning out, it will end. Eventually.

Parents have different ways of approaching this very touchy subject. Senior Kevin Strang was 7 years old when he and his father were driving to the pet store and his father began to discuss sex.

"It was completely out of the blue, but you could tell he'd been thinking about it for a while. It was really awkward; I just sat there silently for, like, 10 minutes," Strang said.

According to Strang, there are two kinds of sex talks - one geared toward explaining where babies come from, and one encouraging safe sex or abstinence.


BILLY, WHEN A MAN LOVES A WOMAN... UMM SOMETIMES...

Michael McIntosh • THE SHAKERITE

Health teacher Hubert McIntyre said that sex conversations should be progressive throughout a child's life based on their level of understanding.

"By the time [a student] reaches high school, if the conversations have been progressive, students can more easily approach parents about sex, because it is not a foreign subject," McIntyre said.

Strang's "safe sex" talk came later in life, at age 15, and included both his mother and his father.

"They basically warned me, 'Don't drink and drive, and have safe sex,'" Strang said.

Freshman Max Miller has also gotten the two different sex talks.

At age 6, Miller's parents explained the stork theory to him.

At age 13, his parents cautioned him against having unprotected sex.

"[They said] 'Max, we need to talk.' Five minutes later it turned into a family discussion. It was really awkward," Miller said.

His parents spoke with him about using condoms and other forms of birth control. Miller also experienced a "man-to-man" discussion with his father. "[He told me] to be careful and not to get too involved," Miller said.

According to senior Chanel Mitchell, girls generally get different sex talks than boys.

"Boys are usually told to use a condom, while girls are told not to have sex at all," Mitchell said. "Mothers worry more about their daughters getting pregnant than about their sons getting someone pregnant."

> "Boys are usually told to use a condom, while girls are told not to have sex at all."
>
> Chanel Mitchell
> senior

McIntyre maintains that it is important for parents to remain objective when talking to kids about sex.

"Ideally, I don't think that the message should be different," he said. McIntyre believes that parents should start talking to their kids about sex before high school.

Mitchell was 14 when her mother approached her about sex. Her mother explained that there would be new hormones and feelings as she approached womanhood.

"At first she told me, 'No sex until you're 18.' She still encourages me not to [have sex], but says that if I do, I should always use protection," Mitchell said. Her mother also encouraged her not to lose her virginity if she wasn't in love.

According to McIntyre, the health curriculum promotes abstinence but also emphasizes awareness about birth control. The decision to have sex is described as a health-related decision.

Students are not only made aware of the impact of pregnancy, but also of the life-changing effect of STDs.

"We recognize that students will not always practice abstinence, and we want them to be knowledgeable about how to protect themselves," McIntyre said.

"The information about birth control devices is important, but making a healthy decision and realizing the possible consequences of their actions is emphasized more."

> "We recognize that students will not always practice abstinence, and we want them to be knowledgeble about how ro protect themselves."
>
> Hubert McIntyre
> health teacher

If your parents have talked to you about sex, how'd it go?

29% Helpful

30% Amusing

41% Just Uncomfortable

Scientific poll of 78 students with margin of error +/- 11 percent. Journalism I and Shakerite Classes telephoned students.

Snap-happy students relieve stress with a snap

By Miriam Moore
STAFF REPORTER

Feeling blue? Getting better is a snap.

Several freshmen and sophomores head to the Egress fourth period for "snaps." They write nice messages about one another on pieces of paper, drop them into a "snap cup," draw them out and read the snaps aloud. After each "warm fuzzy" is read, the participants snap their fingers.

These daily affirmations are modeled on a scene from the movie "Legally Blonde 2." In the scene, protagonist Elle Woods, who works for a congresswoman in the Capitol, writes snaps for her coworkers to make them feel better. The idea of making snaps part of the lunch period came about when sophomore Halle Bauer thought that their lunch table needed a tradition. Fellow sophomore Johanna Rocco thought of using snaps.

Carter Wang •THE SHAKERITE

SOPHOMORES SARAH LEDFORD, Johanna Rocco, Alaina Sullivan, Halle Bauer and freshman Ben Karlin use the snap cup in the Egress during fourth period. They took the idea from the movie "Legally Blonde 2."

Annie Siverston and Ben Karlin are the two freshmen at the table. Siverston said the tradition really helped her deal with the transition to high school. "Snapping" allowed her to make new friends and come closer to those she already had.

"It just makes people feel good and it really does help deal with stress," Siverston said. One snap she received said, "Annie is sooo nice. She makes us brownies and makes me smile."

For many people at the table, such as sophomores Anna Weinstein and Alaina Sullivan, snaps give them a break from their school day.

"When you feel down it gives you a little boost in your day!" Sullivan said. Co-founder Bauer agreed that even if she has a lot to do, she can get away for a half an hour to play snaps.

One snap written for Sullivan read: "Snaps for Alaina! She is hilarious and really fun to be around. That's why I admire her!"

Sophomores Betsy Hogg and Sarah Ledford agree that the ritual is a nice break. "It's super fun and they make me chuckle and they make me warm and fuzzy inside," Hogg said.

Other students watching the ritual originally thought it was pretty silly. "I thought it was really stupid and immature at first, but now I think it's pretty sweet," junior Jessica Walker said.

Although the idea seems pure, the "snappers" admit that not all snaps are sweet. They call the unfriendly snaps "cold and prickly."

Bauer admits to receiving a joke snap that said, "Halle gives weird looks to everyone." The group overall feels that poking fun at each other isn't too serious because they are all friends and they give each other nice snaps to make up for it.

Guidance counselor David Peterjohn said that snaps are a great mid-day "pick me up."

"Any positive feedback is a good thing," he said. However, he warned that students should be careful with the joking snaps because, if taken the wrong way, they could add anxiety or stress to their lives.

"If taken seriously, it can only be beneficial," said Peterjohn. He encourages other students to take this positive daily break.

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Every night since its Broadway premiere in 1938, some theater in the world has performed the American classic, "Our Town." From Dec. 3 to 6, it will be the Shaker Theater Arts Department's turn. "Our Town" features vignettes from a typical small New England town and is "an attempt to find a value above all price for the smallest events in our daily life" according to the play's author Thorton Wilder. Shaker has a strong connection to the drama; alumnus Paul Newman ('43) received a 2003 Tony Award nomination for his performance as the Stage Manager for one of Broadway's renditions. The Dec. 3 performance is free for all students. Tickets for the next three nights are $10 for adults and $5 for students. All performances are at 8 p.m. in the large auditorium.

Compiled by Alex Buder Shapiro

Just because it's on TV doesn't mean it's true

Somewhere amid the on-site TV reporting and the 24-hour news coverage, we have taken to heart the classic adage, "Seeing is believing." We have even gone so far as to extend this maxim to projects that do not claim to be factual, such as the made-for-television movie.

Originally developed as an inexpensive way to fill holes in the schedule, the TV movie has become a cultural phenomenon. The trend features plots that have been ripped from newspaper headlines. Recent small screens have featured the trials and tribulations of two petite, blonde females in "Saving Jessica Lynch" and "The Elizabeth Smart Story." However, the most controversial of the recent news-inspired TV movies is one you haven't seen yet.

ALEX BUDER SHAPIRO
ARTS EDITOR

"The Reagans," a CBS miniseries, features James Brolin as Ronald Reagan and Judy Davis as Nancy Reagan and was shelved Nov. 5 after an outpouring of criticism from conservatives who deemed the portrayal of the former president inaccurate and unfair, especially because the president is now an ailing, enfeebled man. Criticisms centered on dialogue that implied Reagan ignored the plight of homosexuals with AIDS because he thought they were sinners. Following a request from the Republican National Committee, CBS transferred the biopic to its smaller sister network, Showtime, which plans to run the series Nov. 30.

But why does anyone care about the content of a fictional TV movie? The powers who run the entertainment business cannot trust American people to distinguish between a fictional portrayal of a much-loved and simultaneously much-hated president and a factual news story.

We are often told not to believe everything we read, and this skepticism often drifts into other arenas. Throughout the coverage of the war on Iraq, we heard plenty of commentary about the media's distortion of the facts. However, while we seem to have no trouble mistrusting the nightly news or a story in the local newspaper, we apparently are unable to recognize a docudrama, the television equivalent of a historical novel, when we see one.

Readers of "Gone With The Wind" did not immediately return to the belief that African-Americans deserved to remain in slavery. Why then does the right wing worry that the Reagan film will create animosity toward an already divisive former president? Similarly, a racket accompanies Mel Gibson's upcoming feature, "The Passion of Christ," which allegedly paints Jews as responsible for Christ's death. No matter the reason, the entertainment industry seems to have accepted that its fictionalized accounts can manipulate public opinion, even with the flashing lights, in the form a definitive disclaimer, that remind the viewer they watching fiction.

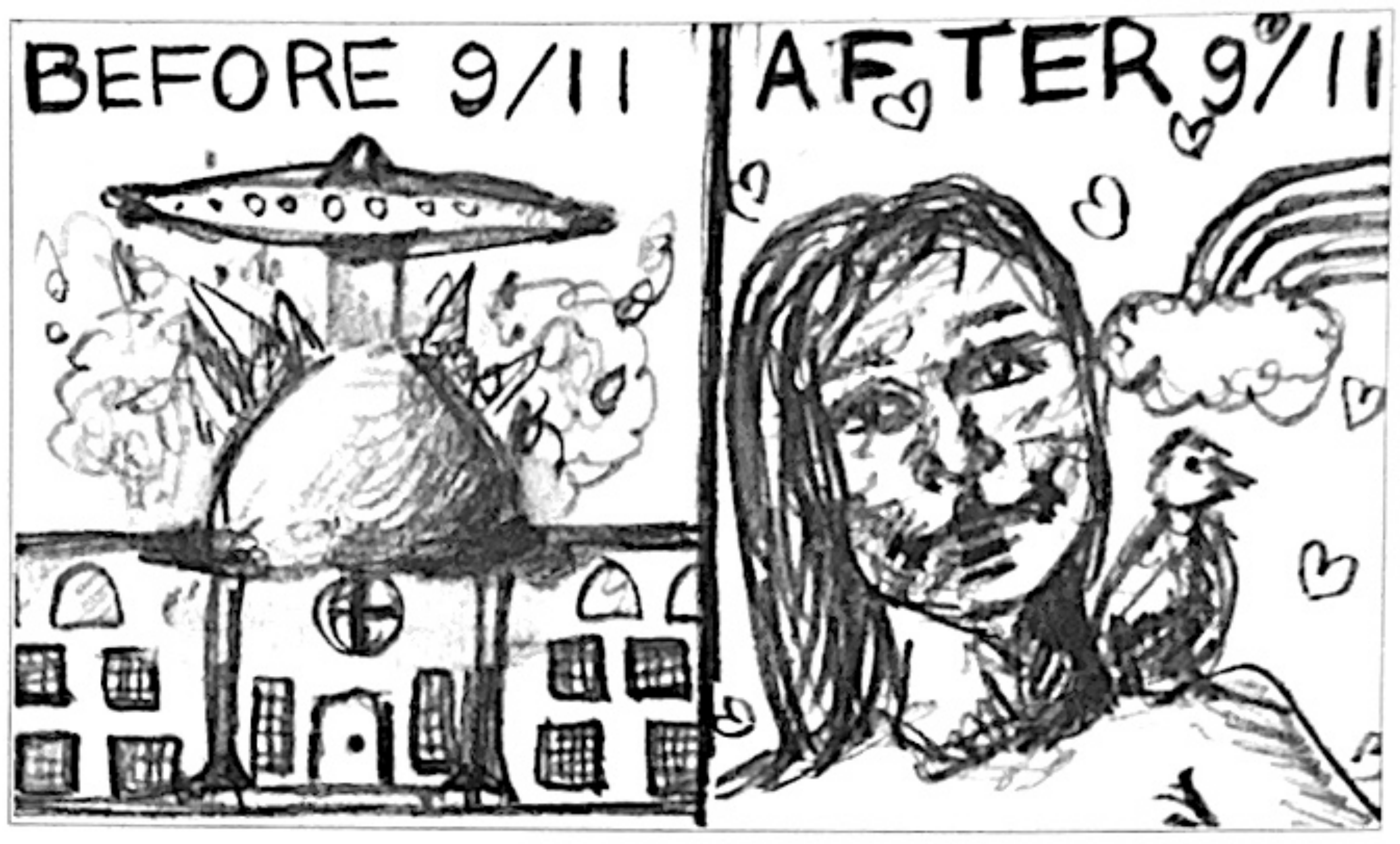
Let's just hope that the three made-for-television movies that commemorate the fortieth anniversary of John F. Kennedy's assassination don't lead everyone to assume that the government is one big conspiracy. Unless it is.

Tuning in to grief relief

FROM TRAGEDY PAGE 1

Escapist entertainment became popular in the 1920s, when people wanted nothing more than to forget the post-war hardships that plagued their daily lives. Carefree figures such as child star Shirley Temple began to show up in television, movies and other entertainment in the 1930s as economic depression took over.

Using television as a getaway isn't unique to the '20s and '30s though. Sophomore Alex Ingley said she tends to turn to entertainment on a bad day.



Amy Silver• THE SHAKERITE

"When I'm upset about something, I don't want to think about it," Ingley said. "You just turn it on and think about what you're watching. It makes you less upset."

Sophomore Britney Kuehm agreed with this tactic.

"It's very distracting. It preoccupies you," Kuehm said. Glasier said that the 1920s and 1930s also produced films such as "Singing in the Rain" that resembled musicals.

"A lot of the films were like gigantic Broadway productions," he added, describing the "glamorous" scenes that appeared in these movies.

"Laughter helps people cope with things," psychology teacher Sally Hagstrand said. "As you begin to dwell on the negative aspect of things, you can get into depression. The 'good-guy-wins' entertainment kept people's minds off of that. All that entertainment was very light."

Ingley and Kuehm confirmed this theory, noting that they enjoy watching mindless cartoons and simple Disney channel shows when they need a break.

"It's the best medicine," Ingley said. "You laugh, and it takes your mind off of it."

This trend of lighthearted television as a response to grim real-life situations prevailed through the 1930s and then fizzled out as the tragedies of World War I and the Great Depression subsided.

In the 1950s, American films were more commonly Westerns or pro-war movies. As another response to society, they held an undertone that expressed a fear of nuclear war.

In addition to shifting themes, Glasier said that movie characters adapted to the times as well.

"The change is in who the enemies are," Glasier said. "It used to be, during the Cold War, that the enemy was always Russian or a Commie." He said that movie antagonists are now more commonly of Arab descent. Glasier said that this trend started in the mid-'90s with movies such as "Delta Force." Instead of making governments the antagonist, movies now focus on terrorists.

"That [trend] was already building," Glasier said. "Sept. 11 exacerbated it."

Hagstrand wondered if the Sept. 11 tragedy signified a turning point in what viewers wanted to watch as well. She called the Vietnam War the first "living-room war," expressing the notion that television allowed Americans more access to the somber reality of violence and tragedy than wars in the past. Considering the boom in technology since that time, Sept. 11 had the potential to intensify the trend.

> "You laugh, and it takes your mind off of it."
>
> Alex Ingley
> sophomore

"Are we moving towards a more reality-based society?" Hagstrand speculated. "Are we going to be healthier because we aren't covering things up? Maybe we're becoming a society that deals with our feelings by exposing them."

American history teacher Rhona Pessel pointed out that often in history, entertainment has had an influence on how America views its country.

"I think that right now we're on this patriotic kick," Pessel said. "Our entertainment is very geared toward patriotism."

Michael Isenberg, author of the book "War and Film," described a similar surge of pro-America entertainment from 1917 to 1919. He wrote that the lighthearted films in the World War I era served as distraction from the tragedy and as a teacher of moral and patriotic themes.

Glasier noted another major swing in entertainment trends as a result of Sept. 11.

"You're seeing a lot of introspection movies now," Glasier said. "A lot of new movies are about love; you get the sense that people are unhappy with how their lives are. We're trying to get back to something more simple."

He said that while the movies of the '80s and '90s focused on money, our latest films have centered on the idea of "Where is my life moving?"

"That's a direct translation from Sept. 11," Glasier said.

"People are now thinking, 'My life may be short; I need to fix it.' Our society has become really, really complex . . . it's really overwhelming. People want these easy feel-good movies."

Hagstrand added that though current events often influence entertainment, entertainment affects society just as much.

"TV has changed the way that society copes," she said.

Fallon, a high school Lord of the Dance

By Laura Chernin and Brittany Dimeff
STAFF REPORTERS

Aaron Fallon's parents didn't know what they were getting themselves into when they took their 5-year-old son to an Irish dancing competition. Soon after, Fallon convinced his parents to let him take lessons at Murphy's Irish Art Center. Early on, Fallon's dedication was evident to his teachers.

According to his dance instructor, Sheila Crawford, he was "very energetic, enthusiastic and always willing to try hard."

Currently, Fallon, a freshman, attends two to three dance classes a week, and sometimes on weekends. He is an "extremely skillful, very strong [dancer]... his dancing is very rhythmic and musical," Crawford said.

Fallon has competed in the Irish dancing world championships twice, as well as in numerous qualifying tournaments, called Oireachtas, in Chicago, Columbus, Pittsburgh and various cities in Canada.

A class in Irish dancing has its own structure. After the teacher outlines the basic choreography, students can make changes to it. A distinguishing feature of Irish dancing is the lack of hand movement.

"It's all about making it fit to the music," said Fallon.

After spraining his foot Oct. 27, Fallon took two-weeks off before returning to Murphy's. He still feels he's not at his best.

His talent in fine art is not limited to Irish dancing. Along with playing in the high school symphony orchestra, Fallon takes weekly flute lessons at the Cleveland Institute of Music.

Fallon has also found time to play the wooden flute in an Irish band, which plays on alternating Thursdays at the Claddagh Irish Pub at Legacy Village. The band also includes junior Ryan McDonough on the fiddle and brother Dylan Fallon ('03) on the drums.

"[Watching the band] is a great opportunity to see something different," said freshman Stephanie Goldfarb, one of Aaron's friends.

Musical interests are only one aspect of Aaron's busy life. He has also participated in every Science Olympiad since fifth grade, as well as Academic Decathlon, JV cross country, SGORR and Latin Club.

Brian Gamm• THE SHAKERITE

FRESHMAN AARON FALLON practices his Irish dancing. He has been taking lessons for a decade at Murphy's Center for Irish Arts and has competed in a two World Championships.

But Aaron finds that the physical activities in his life are more challenging than the mental ones. He overcomes these obstacles by focusing on winning competitions.

"I just think about getting the big, huge, trophy at Oireachta," he said.

Along with his dedication to academics and the arts, Aaron shares his gifts by teaching five to six students to play the tin whistle and tutoring four students in math.

Even with all these time-consuming activities, Fallon still finds time to hang with his friends and play video games.

"He's really upbeat and fun," Goldfarb said. "He's really easy to talk to and gives me good advice . . . he's just so lighthearted."

Another of Aaron's brothers, junior Evan Fallon, pictures Aaron's future as filled with musical notes.

"Or even the next Michael Flatley," he added, referring to the famous Irish dancer, "except without the oily chest." Flatley is known for his starring role in the "Lord of the Dance," a popular dance review.

"I definitely see him as an accomplished musician," Goldfarb said. "I definitely see him famous."

Dance to the beat of a younger crowd

• A look at the merits and faults of teen night at The Cosmopolitan

By December Kinney
ARTS EDITOR

If you're tired of going out and meeting people younger than 14 or older than 19, and you enjoy the atmosphere at school dances, you might find a teen night at a club an appealing way to spend what would have been an otherwise ordinary Friday night.

The Cosmopolitan, also known simply as the "Cos," hosts teen nights every Friday from 7 p.m. to 1 a.m. Admission costs is $9, and the event is open to people between the ages of 14 and 19. Recently, I made the approximately 45-minute trek to Willoughby for such a teen night.

When I first entered the Cos, I perceived it as being large with many levels. Once I took a few more steps into the entryway, however, I discovered that I could easily see the wall on the other side of the room. Though it was smaller than I expected, the club was spacious enough that I could see plenty of new faces throughout the night, especially because new people were constantly arriving.

The club was loosely divided into different areas. In the central area was the dance floor. Like the club, it too was smaller than I initially expected-it could very well be the size of a Shaker student's living room. Nevertheless, it provided a sufficient amount of room for anyone who wanted to dance for the entire night.

To the side of the dance floor was an area with tables and chairs for those who wanted to take a break from dancing or avoid it altogether. Ironically enough, this area was reminiscent of an "18-and-over" club, as many teens there were smoking like crazy. This indicated a rather lax security system-Shaker seems to have more security guards than the Cos did.

For anyone who was not interested in dancing or simply sitting near the dance floor, there was also area of the club that had arcade games. Though I did not go to this area, people there were evidently having fun based on the loud conversation and laughter that drifted to the dance floor and almost muffled the sound of the music.

It might not have been such a bad thing, however, if I had been unable to hear the music that the DJ was playing. The music seemed as if it had been specially selected to tease the club goers. One minute a current hit was blasting; the next minute a song that was popular eight years ago was playing. And any current music that was played was pop music-songs from other genres such as rap and rock were simply pulled from the eight-year-old play list. I only was closely listening to the music because I wanted to make sure I didn't miss a song that I actually wanted to hear.

Despite what were in my opinion musical shortcomings of the Cos, teen night provides a fun atmosphere for anyone who enjoys dancing or socializing. Teen night at the Cos can be likened to a high school party plus a few hundred extra people, square feet of space and decibels of volume from the sound system.

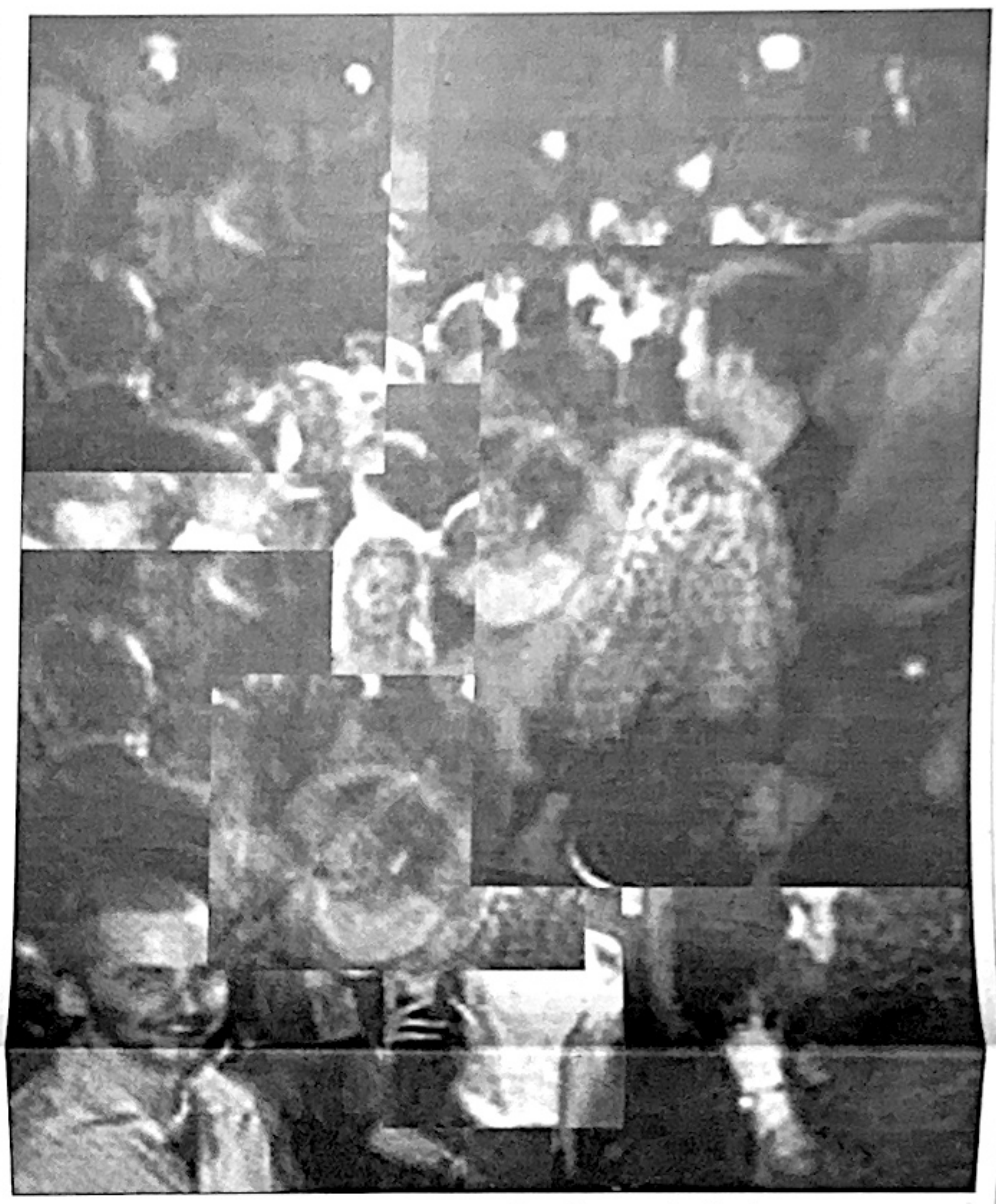


Photo illustration by Allie Jennings • THE SHAKERITE

SEVERAL CLUBS IN the Cleveland area that are ordinarily geared towards older patrons host teen nights, providing an extra option for having fun on the weekends.

Sippin' on syrup and producing rap hits

By Alex Williams
STAFF REPORTER

Cough syrup, once a mere remedy for a persistent hack, has found its way into the music world. Chopped and screwed-up creations, a new hip hop music phenomenon, have found their way from the medicine cabinets to the airwaves.

"Syrup sippin'," a Southern rap event, involves consuming codeine-infused cough syrup, which induces a hallucinatory state in which everything appears slower. This drug movement led to the creation of two musical styles. Screwed music produces slow, dragged out versions of previously-created songs. Chopped, a more commonly known genre, breaks up the music and produces a stuttering effect. The techniques are not limited to hip hop; rhythm and blues tracks can be heard screwed up on underground tracks nationwide.

Sophomore Sierra Williams explains. "The tracks are screwed up to make the music sound like they are high, but to me it sounds goofy. Chopped is to put emphasize on certain lyrics or hooks," said Williams.

The creator of the screwed trend was Mix Master DJ Screw, who was inspired by his own cough syrup addiction.

Among his best-selling mixes were "June 27th" and the "Final Chapter," as well as the "All Screwed Up!" and "3 'N the Mornin'" series. His Houston home studio, The Screw Shop, functioned as the home base for what was loosely referred to as the Screwed Up Click, including semi-successful rappers such as Big Pokey and Lil' Keke, along with 30 other local artists. Tragically, and ironically, the movement lost its leader in November 2000 when DJ Screw was found dead due to a heart attack resulting from a cough syrup overdose.

Formally exclusive to Southern culture, this music form was introduced to the mainstream by rap artists like David Banner and Three 6 Mafia, the rap crew responsible for the 2000 smash hit "Sippin' on Some Syrup." Pronounced "siz-urp," the song's lyrics glorify the substances, saying "Nyquil will slow me down, something that keep me easy... will knock you down, knock you out, make you fall asleep when you're on them wheels...."

Michael Watts' SwishaHouse, one of today's most recognized labels in the screwed industry, has taken the music to a new level.

By continuing the foundation of the late screwed up pioneer, Mix Master DJ Screw, the hip-hop generation of the new millennium now has access to the mixes.

Freshman Paris Riddle disagrees with the connection between the music and the illegal use of these products.

"I personally don't think that hearing Mike Jones or any other artists on the radio is going to kill someone. You're not very smart if you're listening to that," Riddle said.

Since the mid-1990s, hospitals have seen the number of users of addictive codeine substances skyrocket. Between 2001 and 2002, the Boston poison control center saw a 20 percent increase in reported abuses.

Over the course of the 1990s, what began as addiction-fueled novelty has become a lucrative development, producing hundreds of mix records.

Sophomore Vicki Boyd believes that only certain people can handle listening to the music without lapsing into syrup abuse.

"It depends on the person. If you have a strong individual, then they can handle the music. If not, sometimes it can cause problems," Boyd said.

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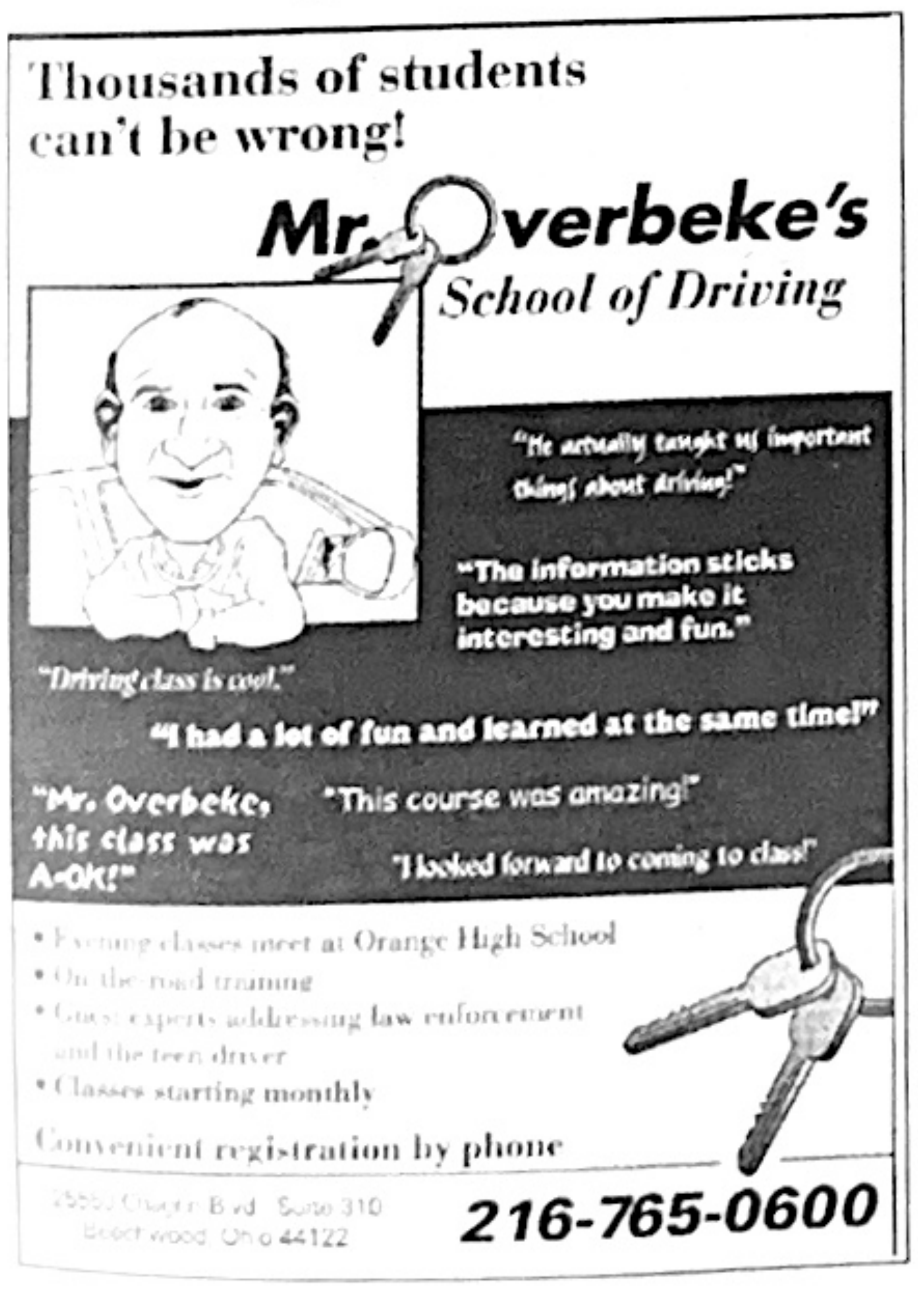
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five MINUTE critic

In Time: The Best of R.E.M. 1988-2003
R.E.M.

You know you're old when your favorite band comes releases a greatest hits album! Fortunately for R.E.M. fans, their recent compilation is one of the must-have albums of the year. Featuring past hits like "Orange Crush," "Losing My Religion," "Stand" and "Nightswimming," and new tracks such as "Bad Day," the album features the unforgettable melodies and powerful lyrics that have made R.E.M. famous since the '80s.

★★★★
out of four

Will Werner

Fox's "The O.C."
all-new
Wed. 9/8c

What makes "The O.C." so entertaining? It would seem that the vapid portrayals of filthy rich Californians dealing with trivial problems would be about as entertaining as a banana in a hat. Yet, millions of people tune in every Wednesday to find out what happens next with Marissa and Ryan. Although the basis for the attraction remains a mystery, credit has to be given to FOX for producing a show that doesn't have "Temptation Island" in the title.

★★★★
out of four

Abby Hexter

The Unlikely Ones
Mary Brown

In this fast-paced fantasy novel, seven unusual companions search for a dying dragon, the only creature that can solve their problems. The plot thickens when the group learns that the dragon lives hundreds of miles away. The journey adds to this compelling story, where mushrooms can make you laugh hysterically and frogs, crows, kittens, fish and girls talk to each other in a mix of all five languages.

★★★★
out of four

Lauren Weiss

FALL SPORTS ROUND-UP
MEN'S SOCCER 4-3-9
Senior members: 3
WOMEN'S SOCCER 10-6-3
Players on 1st team All-LEL: 4
WOMEN'S GOLF 7-7
Personal bests at sectionals Oct. 2 despite snow at tee-off: 5 of 6
FOOTBALL 5-5
Team records broken: 3
FIELD HOCKEY 9-5-3
Senior All-stars: 3
WOMEN'S TENNIS 12-7
Consecutive LEL titles: 8
VOLLEYBALL 4-16
All-league picks: 1
MEN'S X-COUNTRY 4-3
No. of runners to graduate: 5 of 7
WOMEN'S X-COUNTRY 3-3
Consecutive races Erin Cox lost a shoe and finished without it : 2
MEN'S GOLF 11-5
Bob Wonson's years as head coach: 19

Compiled by Meagan Steiner and David O'Connell

SPORTS

<<<<<<<<<<<<<<<<Final facts of fall

Cleveland.com is a war zone

Thrive on competition, antagonize opposing teams and vent your anger against them in competition, but for the sake of your team's pride, draw the line at doing so in a public forum.

The Cleveland.com high school sports forums are home to some of the most enthusiastic praises and degrading insults Cleveland's high school community has to offer. Forum rules state that "lively debate and opposing opinions are welcome," while users are asked to behave responsibly and avoid personal attacks. The debates are lively and the opinions clash, at any rate. Athletes, fans and parents repeatedly bash opposing schools' athletes and coaches, as well as their own.

MEAGAN STEINER
SPORTS EDITOR

The posts congratulating teams or individuals, encouraging teams for upcoming games or discussing relevant topics are overshadowed by those addressing the far more "serious" topics of steroids users, which female athletes are "hotties," whose coaches are crybabies, which private schools "pick and buy" their athletes and which schools have racists.

The attitude of participants can be summed up in the subject of an anonymous marching band member's comment to "DRINK BLEACH."

Forum users aren't supposed to write posts that may have legal consequences, yet some claim to be area athletes and then insult these athletes or others. Members are not to "*post obscene, indecent, offensive or profane language*," yet "your mama" and "white trash" jokes are posted, along with poorly disguised "@$$"s.

The Official Website of the JJ and Jerry High School Sports Show, jjhuddle.com, has strict rules against personal attacks, profanity, hateful comments and name-calling on its sports forums. Up to 1,000 members have had their passwords disabled for posting such comments. A few have complained on Cleveland.com.

It's not only Cleveland.com's fault the hostile atmosphere remains, even though the Forum Help Center admits it doesn't review every post and tells readers to alert the site of inappropriate ones. Coaches, parents and students need to think twice before making hateful comments, if not for the victims of their malice, then for the reputation of their own schools.

Forums for some sports such as women's cross-country were comparatively mild and featured few all-out attacks on opponents, but LEL football forum users seem to enjoy bashing Maple Heights and Mentor. The majority of posts - and there aren't many - I found regarding Shaker football only ask for our record or make respectful predictions for upcoming games, some warning our unimpressive record is deceiving.

Head football coach Dave Sedmak told teams not to use Cleveland.com.

"I don't want our guys going on there bragging and posting about what we're gonna do to other teams and giving them more ammunition against us," he said. "That actually makes it harder to be successful."

One Shaker football player who did post was replied to by a sarcastic post insulting Shaker. The Shaker player responded with a courtesy rarely found in forums and returned the focus to sports.

Leave posts if you want to, but continue the good work we have shown in our respectful posts. They save other teams humiliation and pointless rivalry, not to mention what they'd be spending on all the bleach.

Garverick gets her kicks as black belt, teacher

•Sophomore karate student has earned six first-place trophies

FROM **KARATE**, PAGE 1

then my class is 7:30 to 8:30," Garverick said, describing a typical Tuesday.

When she arrives at the academy, Garverick is greeted in the parking lot by Sydney, a young girl who yells excitedly, "Susan!"

Although kids call her Susan outside of class, there is strict etiquette when working.

"The new students call me 'Miss Garverick.' The higher ranks call me 'Susan'. . . and the instructors try to call me 'Miss Garverick' on the floor but it doesn't always work," Garverick said. "Some people try to marry me off [and call me Mrs. Garverick] because all the other women instructors besides me are married."

After running into a closet-sized room to change, Garverick emerges in uniform with her black belt cinched tightly around her waist. She begins to warm up the 4- to 7- years olds for class, which she will help instruct.

Before beginning, all of them must shake hands with their neighbors and bow to the instructors. Next they begin a punching exercise, repeating what Garverick does.

"Hiyah!" she yells as she punches the space in front of her. (Everything is yelled once you are on the mat.)

"Hiyah!" chorus the 12 students, mimicking Garverick's punch.

The kids obey commands immediately with, "Yes ma'am!" to anything she says.

Donna LaQuatra, who owns the academy with her husband, watches the beginning of the class approvingly. She said Garverick's best move is her jump hook kick.

"[Garverick] is a good role model for young girls," LaQuatra said. "A lot of young girls really like and look up to her."

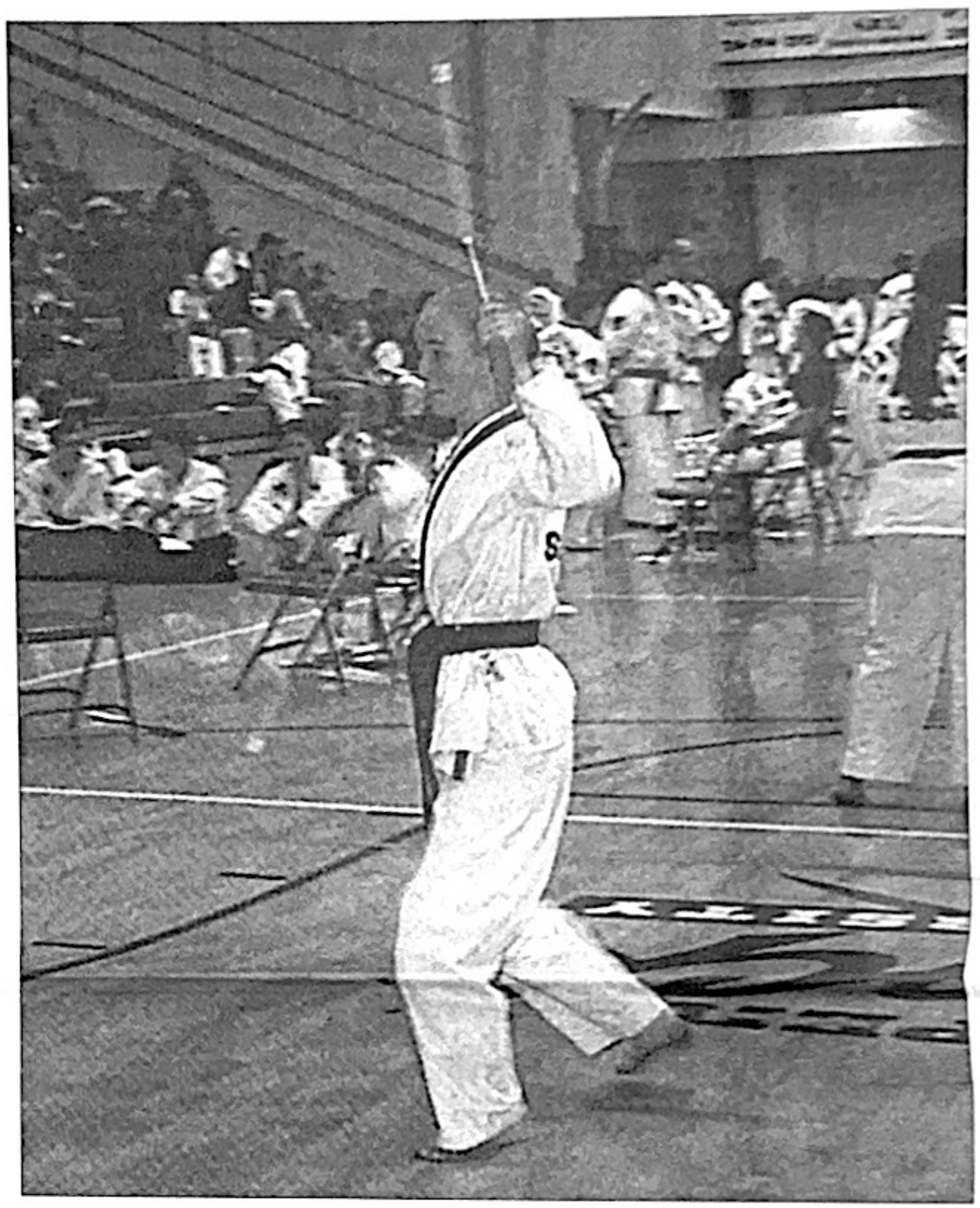
Throughout the class, Garverick is kept busy: holding punching bags, answering the phone, ushering late kids into the class and demonstrating what to do.

> "If at first you don't succeeed, try, try again. She lives by that."
>
> Marci Ungar
> mother of one of Garverick's karate students

Marci Ungar, whose daughter Sydney was so excited to see Garverick, said that she is always challenging herself and never takes the easy way out.

"If at first you don't succeed, try, try again. She lives by that."

Garverick's interest in karate began when her brother Scott started taking classes.



Courtesy of Steven Garverick

SOPHOMORE SUSAN GARVERICK, a second-degree black belt, does the double song joel bahng (numchuck) form at a tournament in Akron Nov. 1. She placed second in the event. Garverick considers her best move to be her side-kick, though Donna LaQuatra, an owner of the ATA Blackbelt Academy, said Garverick's best move is her jump hook kick.

"My brother started first and it looked fun," Garverick said.

The interest soon grew into a passion and Garverick was forced to choose between karate and other activities. She gave up pottery, piano, ballet, gymnastics and horseback riding to allow more time for karate.

Garverick plays out her dedication in her basement replica of the karate school. From the wall-to-wall mirror and blue mat to the life-sized punching bag, Garverick has a full practice area downstairs.

In her basement, Garverick practices moves such as her Jump 360 Kick, involving a full circle turn while kicking, and her favorite move, the three Side Kick.

Garverick also works on routines with silent movements and intense concentration. During routines, she kicks to heights of over four feel, easily clearing her TV.

Garverick's commitment shows in her 27 trophies and 13 certificates, which are displayed throughout her karate-themed room. Garverick feels the most rewarding of her awards are the six first-place trophies, the certificates she received for becoming a black belt and her nomination for trainee instructor of the year.

The nomination was important for Garverick because she considers karate a possible career choice or at least a life-long activity.

"I want to teach and become a third-degree black belt," she said. She hopes to test for her third-degree black belt in January.

Garverick's family supports her passion for karate. Steve Garverick, Susan's father, said he notices a change in his daughter's personality during karate.

"I've seen her at the karate school where she's really taking over and telling people what to do . . . there are other times when she becomes quiet around people," Steve said.

Garverick's brother Scott, now 12, described her as tyrannical. "She bosses me around a lot," Scott said.

"That is true, she does boss him around sometimes,' said Garverick's mother Linda, smiling.

So next time you pass a skinny, blond girl in the hall, you might want to back up.

GARVERICK Awards and Honors

Garverick

- YEARS OF KARATE: 6
- BEST MOVE: Side-kick
- HOURS A WEEK: 20 hours of teaching and taking classes at the ATA Blackbelt Academy
- RANK: Second-degree black belt
- NICKNAME: Drill Sergeant
- TROPHIES: 27, 6 for first place
- NOMINATED: Trainee instructor of the year
- IN CHARGE OF: Students with Winning Attitudes Team, Demo team, karate classes (teaches four and assists with 17 each week)
- FUTURE PLANS: Testing for her third-degree black belt in January

BY the NUMBERS

Compiled by David O'Connell and Becca Bonthius

WOMEN'S SWIMMING

- Their **greatest rival** will be Mentor, who they beat at the LEL Championships last year.
- The team's **goals** are to win LEL Championships again and to have as many state qualifiers as possible.
- "We have some very **strong leadership** on the senior side and that is coupled with a very talented freshman class," head coach Eric Peterson said.

MEN'S SWIMMING

- This year's goals are to **repeat** as LEL champions and improve the the team's standing in the district.
- Their **biggest meets** will be against Mentor Jan. 16 and Solon Jan. 24.
- **18 out of 22** swimmers are returning this season. "They should do very well. They are a very strong group," Peterson said.

DIVING

- The team has a total of **four returning varsity players**: two boys and two girls.
- The team, while lacking in depth of players, will have a **first year coach** for the 2003-2004 season.
- "The team has a good chance of doing well, I expect the seniors to lead the team," said diving coach Steve Murphy.

Winter warriors strive for their goals

• The winter off-season workouts push athletes to their fullest potential

By David O'Connell
SPORTS EDITOR

Whether it's pumping weights for countless hours, playing in spring and summer leagues or attending Spartan sessions throughout the year, winter athletes use the off-season to gain the experience needed to dominate the winter schedule.

Coaches use the off-season as conditioning time to improve skills and take the practices seriously.

"The preseason is a time to let the players know what they can do, a time to strengthen their bodies," men's varsity basketball coach Bob Wonson said. "Working on their skills is most important."

Players don't take preseason training lightly either.

"When the season comes, I try to be in the best shape so I don't regret anything during the season," said junior goalie Alex Antolino, a varsity hockey player.

Football coach Mark Hoskins believes the off-season is a time to get into the best condition possible in weight and endurance training. "The wrestling and hockey teams have been in the weight room frequently and have picked up the intensity. They realize how much lifting helps them refine their skills," he said.

Athletes who play year-round gain game experience. *Hockey players have the opportunity to play for* teams outside of Shaker such as Team Ohio. "Summer teams help us play at higher levels of hockey outside the season," said junior Matt Koletsky, a varsity hockey defender. "It's a way to improve our skills, not the best way to get into shape."

Off-season practices can allow athletes to make goals for themselves for increasing self-skills. "My goal is to stay focused, practice hard and never break. In-season or off-season, *everyone should work hard," said sophomore Chris Bess, a small for*ward on the varsity basketball team.

Coaches also use the preseason to find strengths and weaknesses.

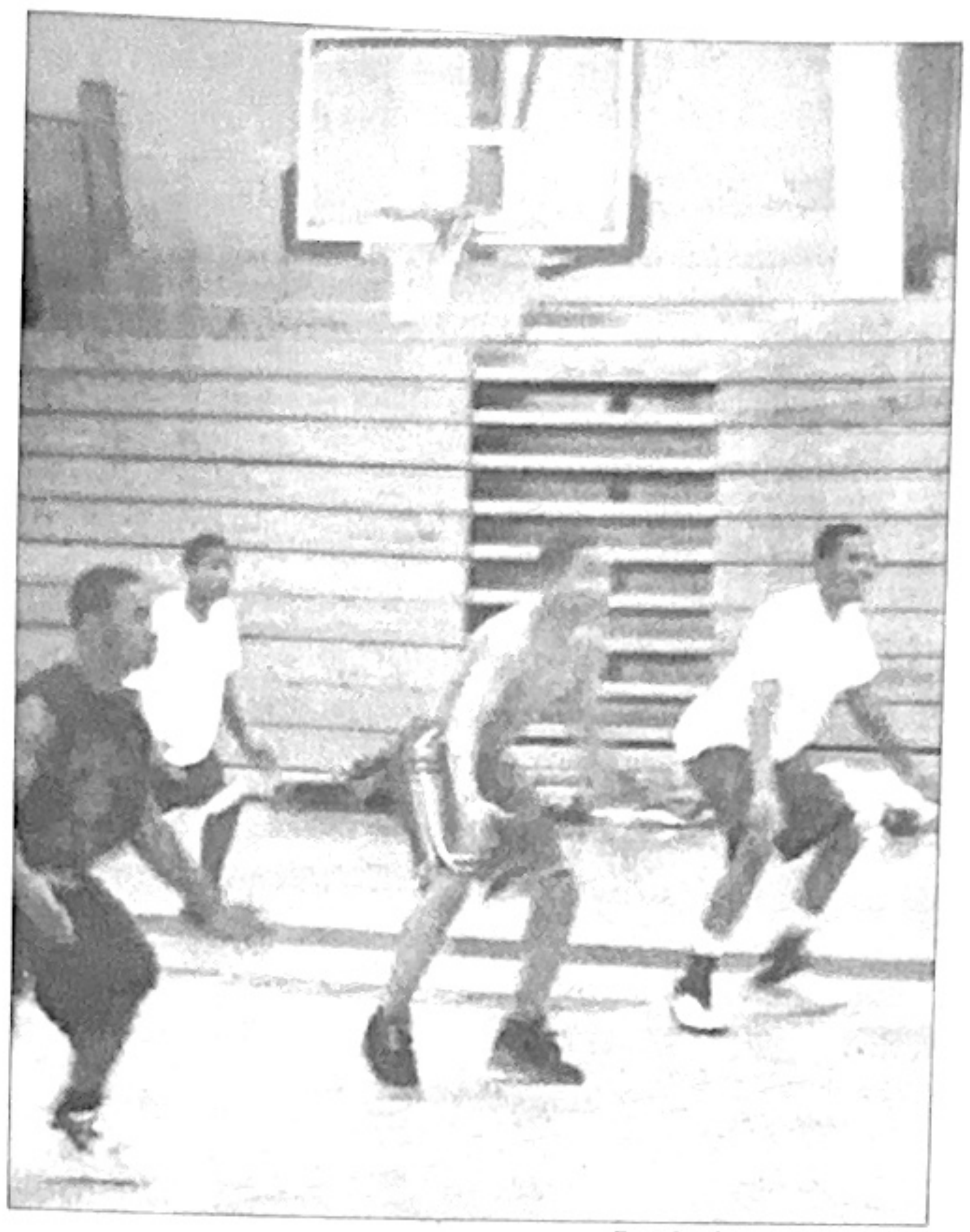
"As a coach evaluating players, you're not going to forget about the summer workouts. Athletes can move up or down in the off-season," said wrestling coach Marc Enie.

Whether it's consistent effort or a lack of dedication, an athlete's persistence during training is reflected in the regular season. **Women's varsity basketball coach Denise Duncan believes a good off-season is the key to** having a successful season.

"The off-season is probably the difference-maker," Duncan said. "A common saying I like to say is, 'spring and summer, time to grow; fall and winter, time to show.'"

Antolino sees the off-season as an opportunity to improve teams' chances of winning championships.

"The off-season training helps to bring the team together to focus on one goal," he said. **"You only get out what you put in; it helps to become a better athlete."**


Dan Snider •THE SHAKERITE

Dan Snider •THE SHAKERITE

SENIOR STEVE SCARVER, junior Deshaun Wimberly and senior Steve Heard chop their feet during a defensive stance drill Nov. 20. "Off-season is a way to just practice hard, just to be prepared," said sophomore small forward Chris Bess. DIVING TO TRAP the rebounding puck on the crease, junior goalie Alex Antolino sharpens his skills blocking a shot by Eric Weiss at hockey practice Nov. 19.

Call it in the air! Frisbee team invades the front lawn

Meagan Steiner
SPORTS EDITOR

"It is a real sport!" Senior Matt Knittel said of Ultimate frisbee.

Knittel is the captain of the competitive Ultimate Frisbee team, which is named the Shaker Groove Things. The approximately 30 member began competing this year with other members of the Cleveland Disc Association, including West Geauga, University School, St. Ignatius and Beachwood. Their current record is 1-4.

The objective of Ultimate Frisbee is to get the Frisbee to the end zone with a series of passes. Each attempt for a point begins with a pull, similar to a kickoff in football. If a team scores, they become the defending team and the game continues. In an official game, seven players per team are on the field at a time.

"Ultimate Frisbee is a not very complicated game. The hardest part is learning how to throw," junior Liam Brett-Eiger said.

Students began playing frisbee at Shaker three or four years ago when a couple of seniors started tossing a Frisbee. Players now meet almost every day on the front lawn from 3 p.m. to 4 p.m. to play.

Brett-Eiger said that the team hopes to gain varsity status. "[Passers-by] see us throwing a Frisbee, but they don't know it's an actual game. We have to explain to them that . . . it's an actual sport."

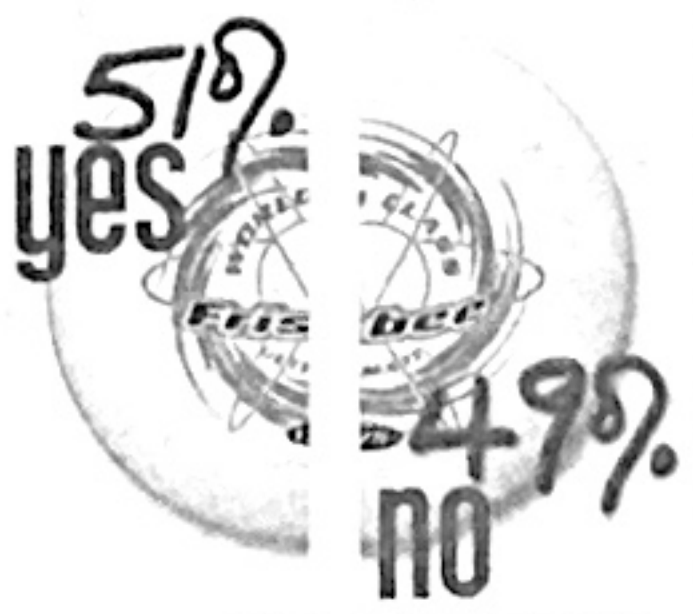
According to sophomore Nayyir Qutubuddin, 39 countries host Ultimate Frisbee competitions and it may become an Olympic sport.

Brett-Eiger said he plays because it is "a sport that wasn't hardcore . . . you don't have coaches yelling at you and everything."

"We take it seriously," sophomore Chas Brenton said. "But it's not, like, our life. . . well, no, it is."

Nteni Nlandu contributed to this story

Did you know Shaker has a competitive Frisbee team?



Scientific poll of 78 students with a margin of error +/- 11 percent. Journalism I and Shakerite classes telephoned students

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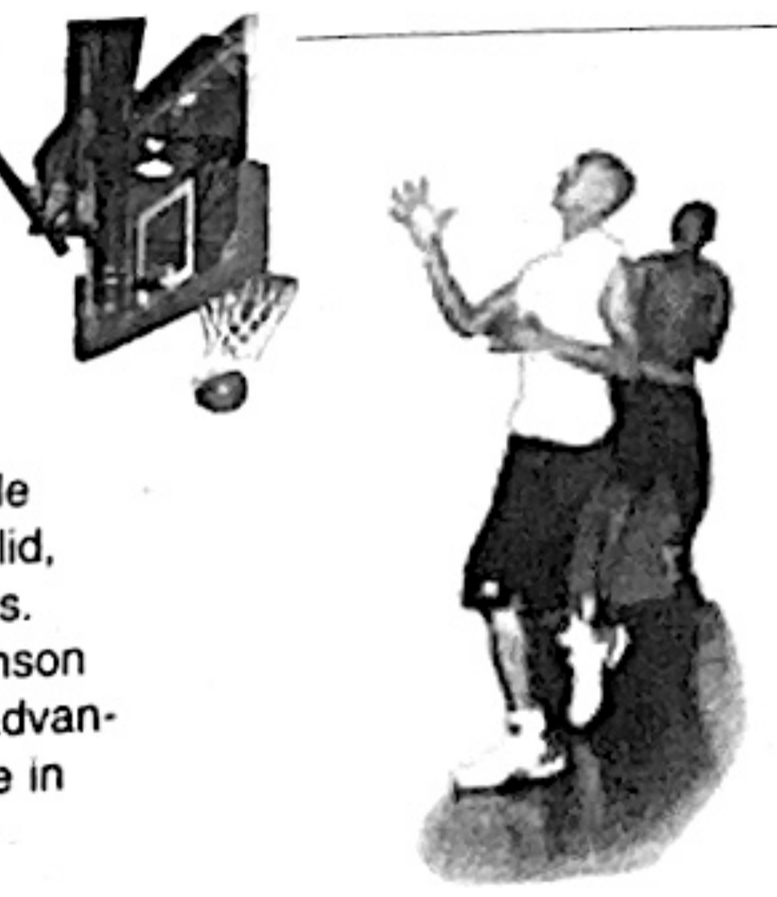
WRESTLING

- The wrestling Raiders hope to contend in the LEL tournament after a superior **14-5 record** last season.
- The team will be tested at **Cleveland State's** tournament this season, a tournament that enters four teams a year.
- While only **losing three lettermen**, varsity wrestling coach Marc Enie believes the team has a strong work ethic.

MEN'S B-BALL

- The team has three **returning starters:** Steve Heard, Zach Woody and Chris Bess.
- Team **rivalries** include Cleveland Heights, Euclid, Admiral King and St.Eds.
- Head coach Bob Wonson said the team has an advantage but not experience in players's height.



WOMEN'S B-BALL

- The team's **biggest rivals** will be Cleveland Heights and Hudson.
- They will be **led by** Jessica Davis and Aisha Farley, who led the team in scoring last year.
- "With the seven seniors, our team has a very athletic depth of players," said Denise Duncan, women's head coach.

HOCKEY

- University School will be their **biggest competitor**.
- The team's **greatest loss** was losing goalie Dan Koletsky. Head coach Mike Bartley said starting goalie Alex Antolino is off to a good start.
- With no star players, they will be well balanced this year, according to Bartley.

Photos by Dan Snider •THE SHAKERITE

the Sports Desk

Murphy to coach diving

Steve Murphy agreed to coach the diving team this year, allaying fears that the team would be in jeopardy. "I wanted to make sure that diving was available," he said. Murphy is replacing Mike Massey, who moved. Murphy's qualifications include diving at the state level on the men's team and coaching his high school's women's team while a student at Corruna High School in Michigan. Athletic Director Susan Brown said the requirements for the position also included having lifeguard and CPR certification as well as being a good teacher. "There just aren't enough [diving coaches] to go around," she said. Murphy's daughter Amanda, a sophomore, is entering her second year as a diver. "I think it will be cool for my dad to be the coach." "Other people have said it would be bad, but at least I'll know what's going on," she said.

- Lauren Weiss

Shaker forms fencing team

After receiving approval from Principal Michael Griffith and the athletic department, Shaker's competitive fencing team was formed this year. Bill Wreith, coach of the Alcazar fencing club, will coach the 15 team members. Though the team will remain a club, it can now compete against other high schools and receive school funding for coaching and travel. "They'll be able to get more recognition from different schools because the more they're competing, the stronger they become," Wreith said. Sophomore fencer Reid Albano said the new status is a benefit. "I think if we do well enough . . . maybe in the next three or four years we'll become a varsity sport."

- Meagan Steiner

FOCUS
ON WHAT YOU WANT TO SEE

- Since 1980, the percentage of obese children and adolescents has doubled.
- Most women should consume approximately 2,000 calories a day and men should take in about 2,500.
- Various weight-related medical conditions are attributed in part to Americans' attitude toward the perfect appearance.

ANOREXIA AND BULIMIA
THE STRUGGLE FOR PERFECTION

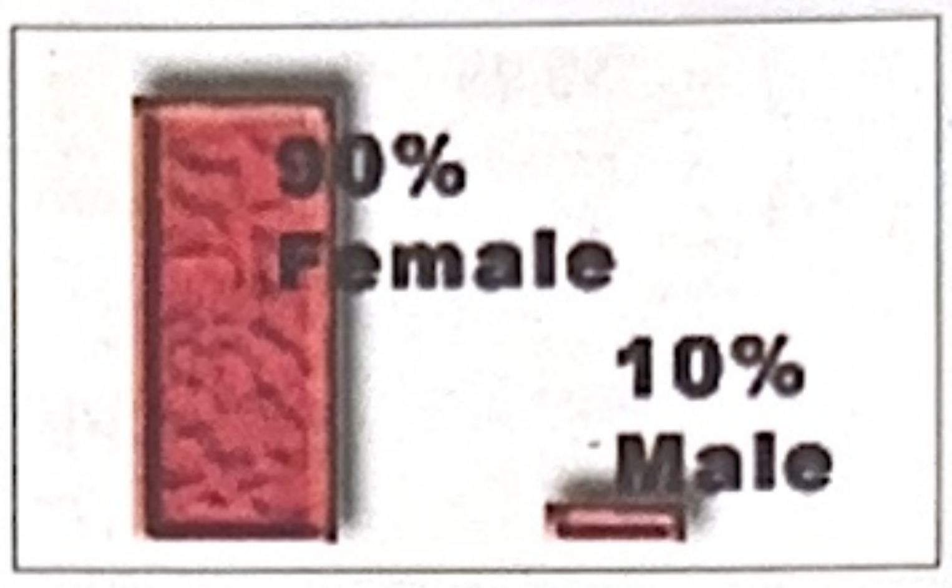
Anorexia:

SYMPTOMS: Signs of anorexia include losing more than 15 percent of one's weight, reducing the amount of food eaten, absence of menstruation in women, muscle deterioration, loss of fat, low blood pressure, dental cavities, discolored skin and depression. "I don't think that [eating disorders] are hard to recognize because people begin to behave differently," senior Julia Hurst said.

TREATMENT: Most people with anorexia deny that they have the disorder, which is the first step in *recovery. The next goals are to restore normal body weight and eating habits and to explore the issues* behind the disorder. "I would try to help someone with an eating disorder, but it would probably be a big task because they need special help," senior Ryan Harris said.

DEFINITION: Anorexia is an eating disorder characterized by the refusal to sustain a low body weight, a great fear of gaining weight, and an unrealistic body image. Not taking in enough calories or excessively using energy may cause this severe weight loss.

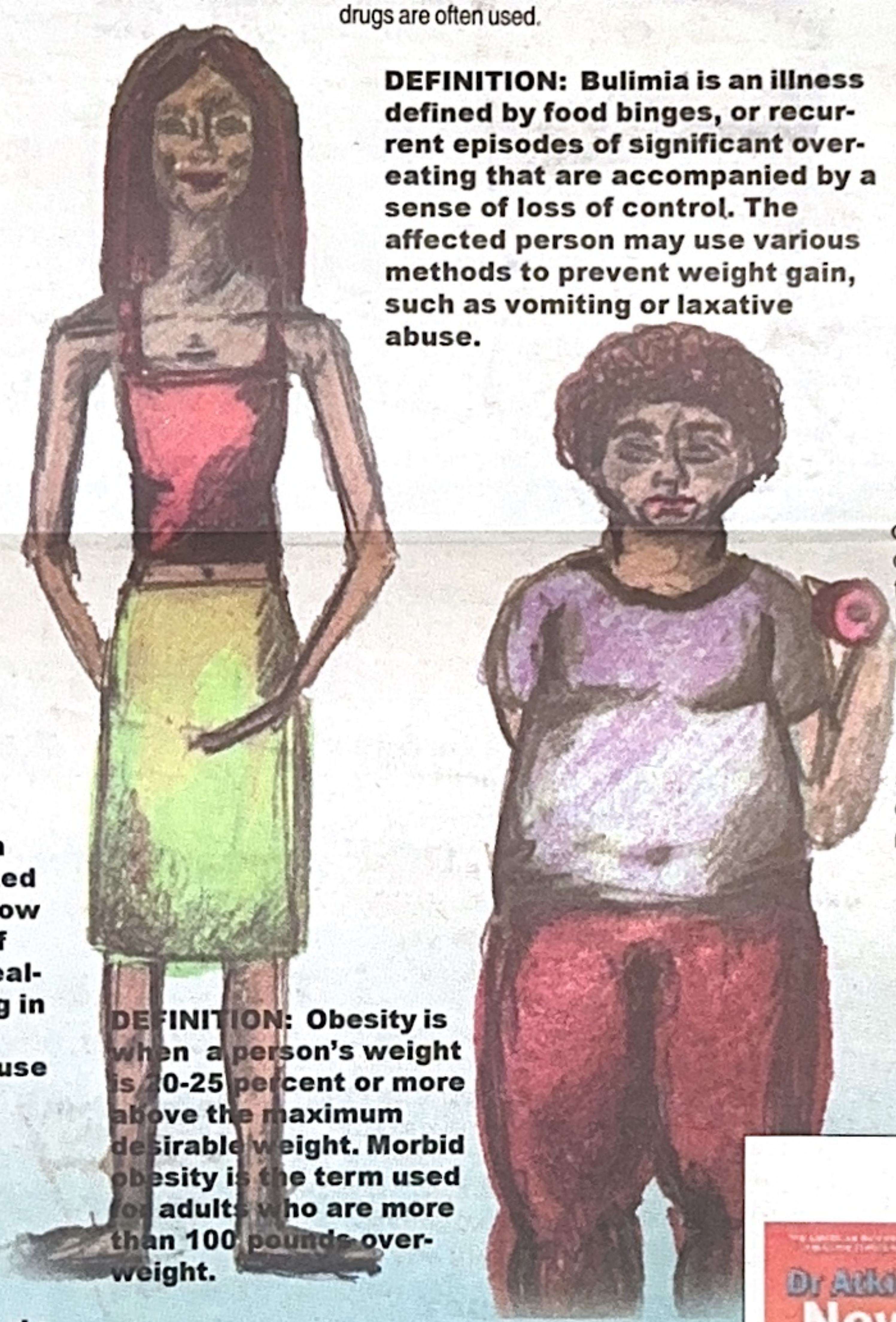
Bulimia:



U.S. Male and Female Eating Disorders

TREATMENT: Although bulimia is a chronic illness and many people continue to suffer from it even after extensive therapy, people with less severe cases who are willing to be involved in counseling have a good chance of recovery. The goal of treatment is to stop a patient's binging and purging cycle. Counseling, behavior modification techniques and antidepressant drugs are often used.

DEFINITION: Bulimia is an illness defined by food binges, or recurrent episodes of significant overeating that are accompanied by a sense of loss of control. The affected person may use various methods to prevent weight gain, such as vomiting or laxative abuse.



Amy Silver • THE SHAKERITE

DEFINITION: Obesity is when a person's weight is 20-25 percent or more above the maximum desirable weight. Morbid obesity is the term used for adults who are more than 100 pounds overweight.

OBESITY
SOME SOLUTIONS POSE THREATS TOO

Obesity:

CAUSES: Causes include eating more food than the body can use, drinking alcohol excessively, or an inactive lifestyle.

HOW TO PREVENT: Avoiding stress, depression, boredom and excessive alcohol consumption can assist in stopping weight gain. Medical professionals suggest physical activity at least 30 minutes a day, three times a week.

OPTIONS: Over-the-counter drugs that advertise assistance with weight loss are often ineffective and are potentially harmful to one's health. Gastric outlet stapling is a surgical option for those who are morbidly obese. The procedure causes extremely rapid weight loss.

Health Risks:

When a person is obese, his risk of illness and death increases because of: susceptibility to stroke, diabetes, high cholesterol, organ disorders, some types of cancers and many other diseases.

According to Experts...

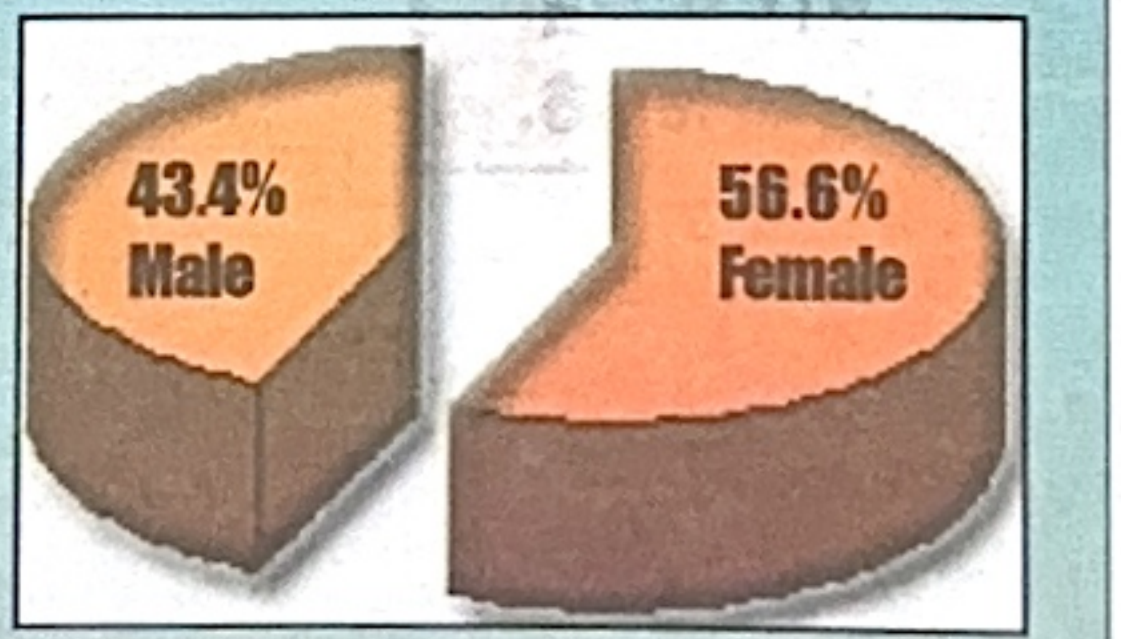
AskMen.com

"The pursuit of the zero-fat body and the washboard abs that come with it has become an ingrained part of our culture. For many men, the only way to achieve it is through starvation and vomiting, or in official terms anorexia and bulimia, respectively."

MY NEDA
National Eating Disorder Association

"Media messages screaming 'thin is in' may not directly cause eating disorders, but they help to create the context within which people learn to place a value on the size and shape of their body."

U.S. Male and Female Obesity



56.6% of obese adults in the U.S. are women
(a total of 34.7 million women)
43.4% of obese adults in the U.S. are men
(a total of 26.6 million men)

Anti-Carb Diet Trends

Dr Atkins
New
Diet
Revolution
Slim Fast

Eighty-five percent of people will lose weight on any diet, but only 15 percent will keep off the weight after two years. Low carbohydrate diets, such as Atkins or South Beach Diet, advertise weight loss from a renewed metabolism caused by a lack of bread, rice, potatoes and other starches or sugars. Diets are risky and temporary because the weight loss is a result of fluid loss not the reduction of body fat. Dieticians promote nutritious eating habits instead of fad diets.

Compiled by Brittany Demiff

Sources: The National Institute of Health, The National Eating Disorder Association, AskMen.com, The Ohio Department of Health

By Aviva Ariel and Renee Frantz
FOCUS EDITORS